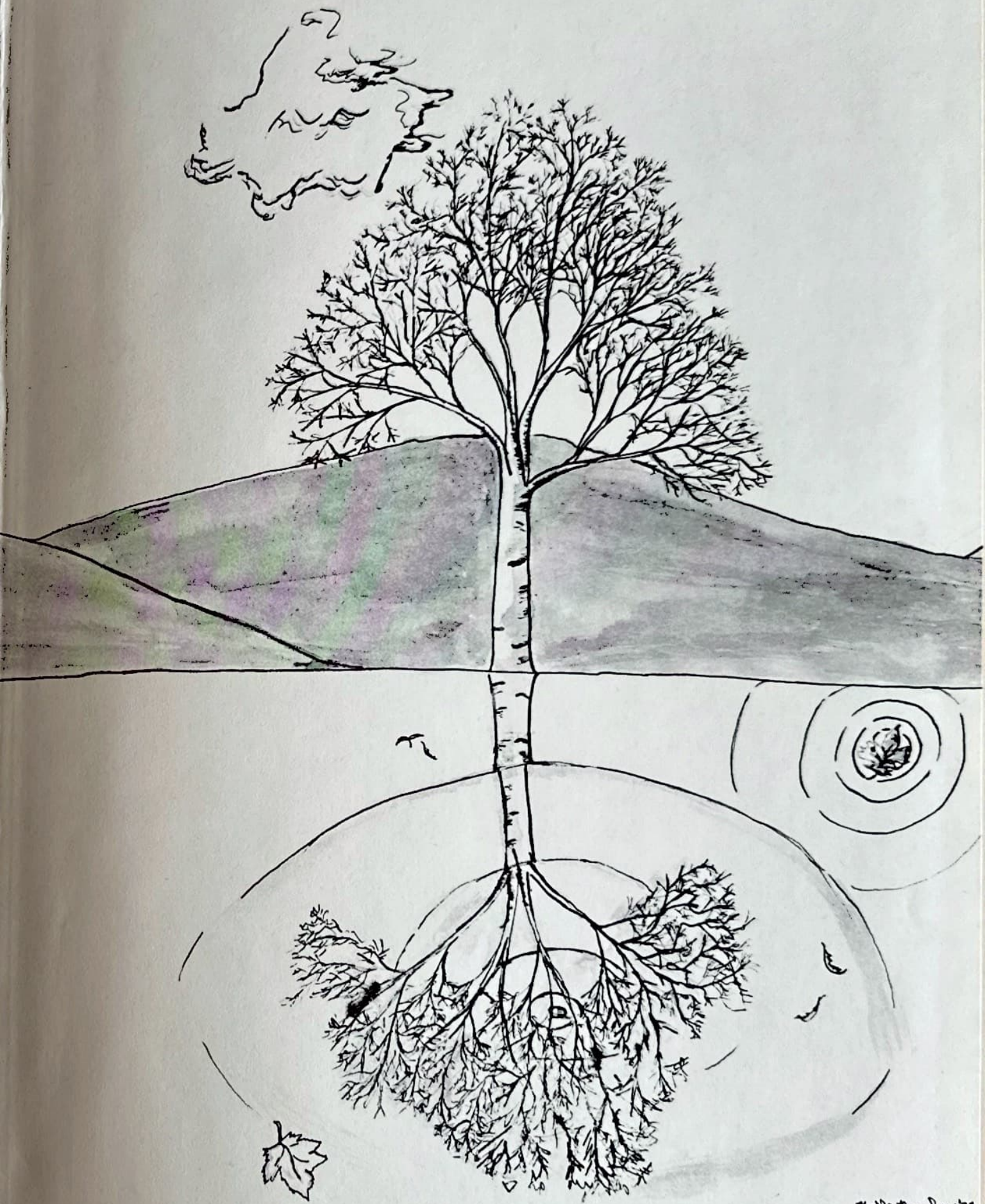


REFLECTIONS 76-77  
REFLECTIONS 76-77













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# **REFLECTIONS 76-77**

**CONVENT OF THE SACRED HEART**

**MONTREAL, QUEBEC**



# OUR HEADS

GRADUATES OF 1977: Your future begins today and NOW is the only time you have to do and be; to love and grow. May you live in the challenge of TODAY, for you are the HOPE of tomorrow.

J. McCarthy, R.S.C.J.



"What is REAL?" asked the Rabbit one day.

"REAL isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long time, not just to play with, but REALLY loves you, then you become REAL."

"Does it hurt?" asked the Rabbit.

"Sometimes," said the Skin Horse, for he was always truthful. "When you are REAL, you don't mind being hurt."

SO - my wish for you is that you may become REAL. It may take a long time. It may hurt. But once you are REAL you can't become unreal again. It lasts for ALWAYS But with help from my friend and your friend, Jesus, you will become REAL and your "REALNESS" will last forever.

M. Johnson, R.S.C.J.

Once again it is a happy and a sad time for me. I am happy that you the class of 77, have successfully completed your studies and are looking forward to pursuing your goals, but sad to lose you as students - never are two classes the same.

Although we may be losing you as students, make sure we do not lose you as friends. My very best wishes go out to each and every member of the graduating class and we all hope to hear from you often throughout the years and wish you health and happiness in the future.

C. Barbara Joy..







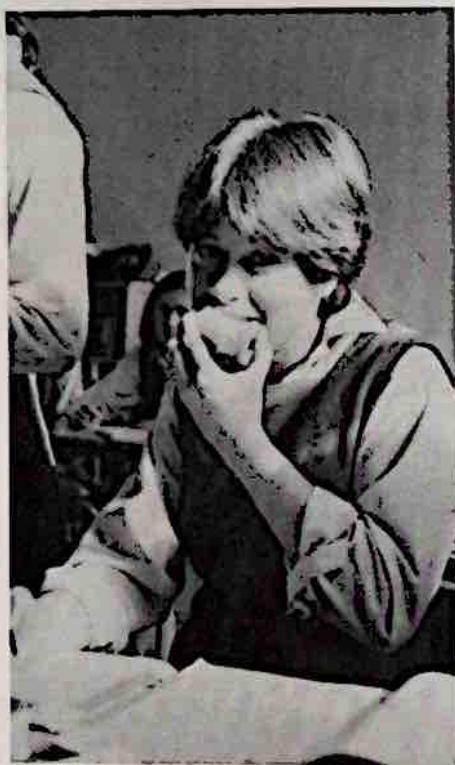
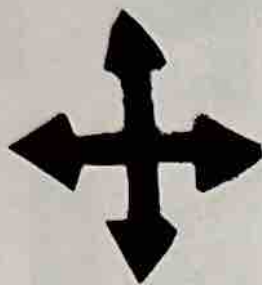
GRAD



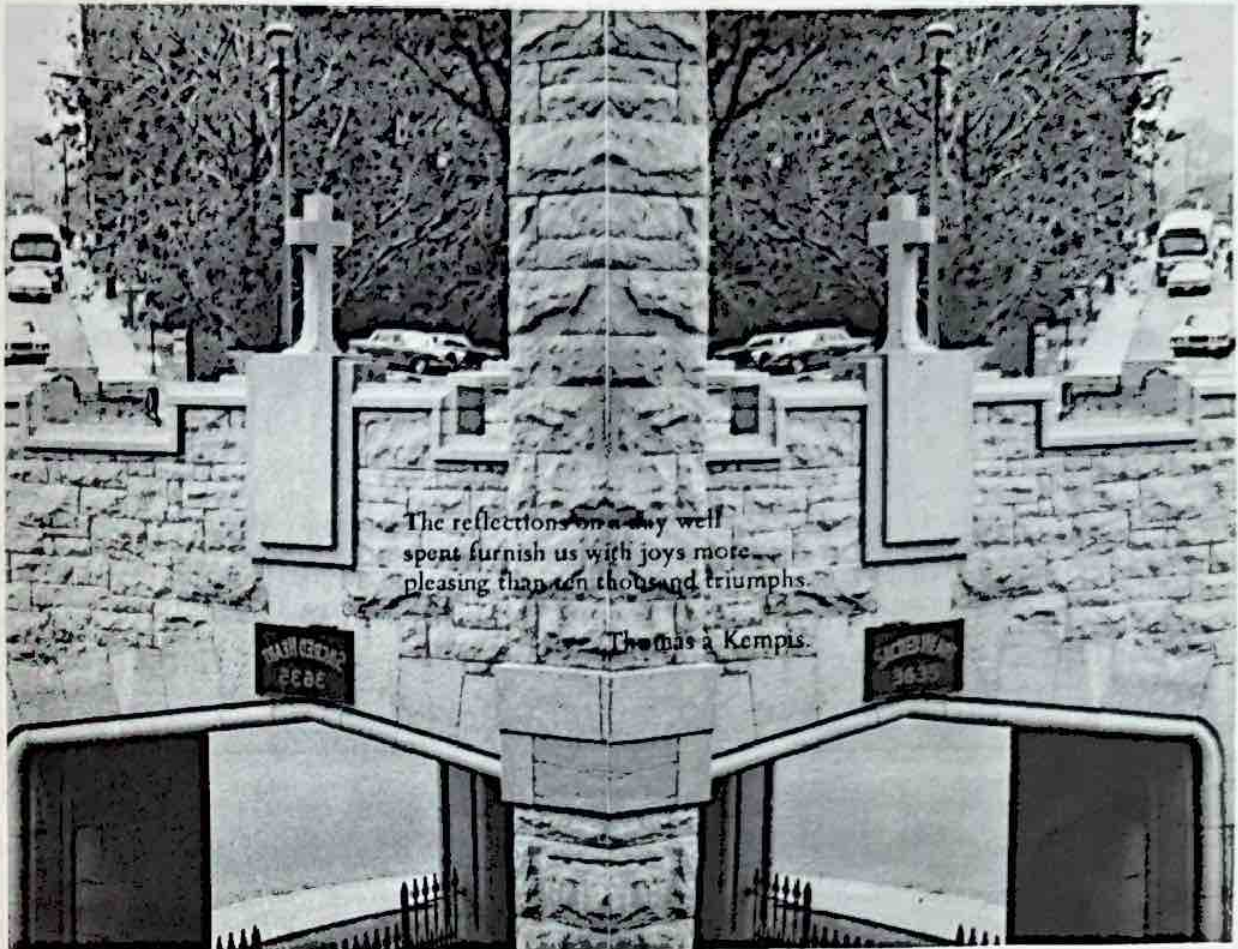




# CANDIDS







The world is a looking glass,  
and gives back to every man  
the reflection of his own face.  
Frown at it and it will in turn look sour upon you;  
Laugh at it and with it and it is  
a jolly kind of companion.

Thackeray  
"Vanity Fair"

How pleasant it is, at the end of the day,  
No follies to have to repent;  
But reflect on the past, and be able to say,  
That my time has been properly spent.

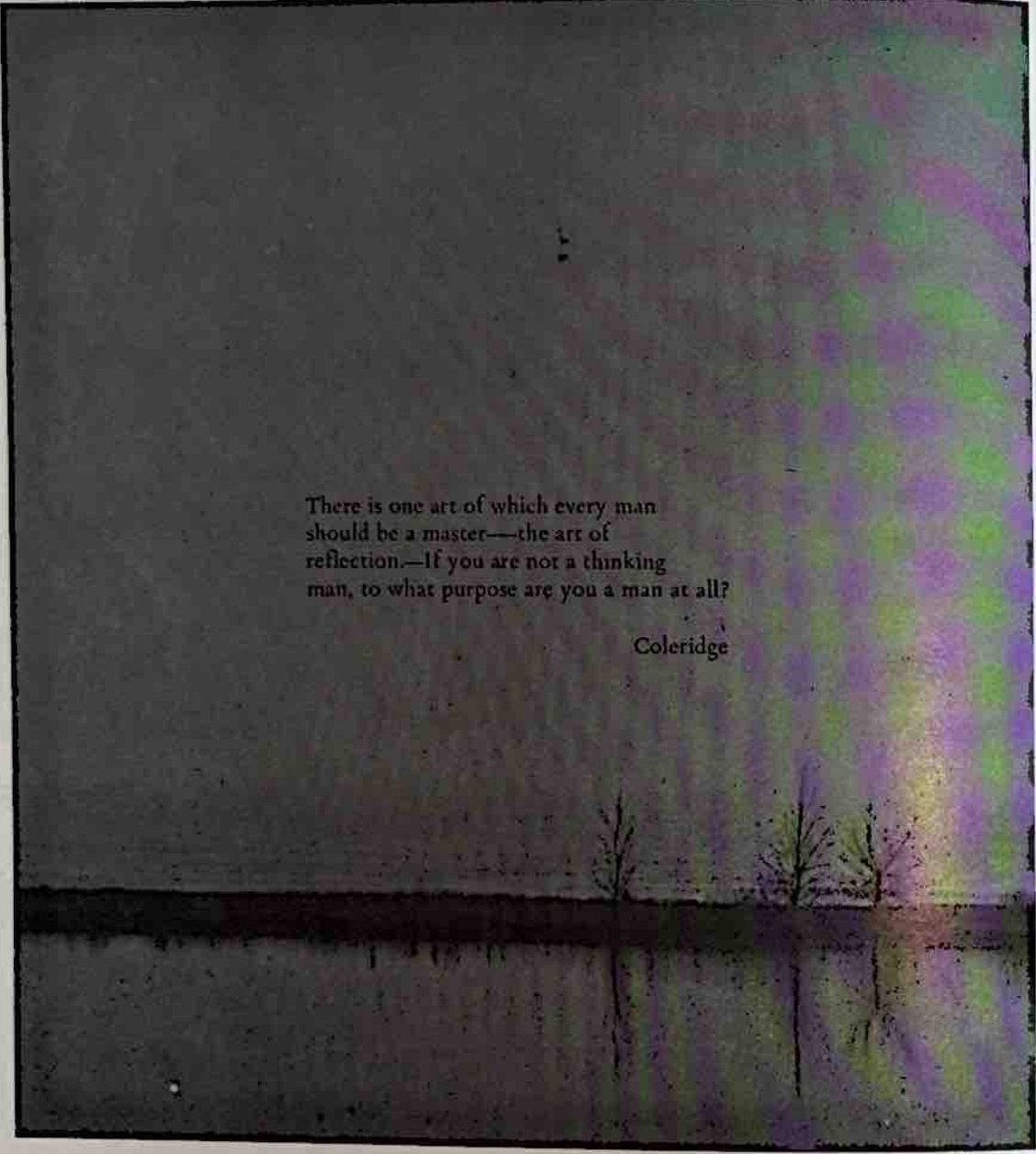
Rhymes for the Nursery  
The Way to be Happy

Jane Taylor

I confess freely to you, I could never  
look upon a monkey without very mortifying reflections!

Letter to Dennis, concerning Humor in Comedy.



A dark, atmospheric landscape painting. The scene depicts a calm body of water, likely a lake or a wide river, under a dark, overcast sky. A faint rainbow is visible in the upper right portion of the sky, its colors blending into the dark tones. The horizon line is low, with several bare, silhouetted trees standing on the distant shore. The water in the foreground is dark and still, reflecting the light from the rainbow and the dark shapes of the trees. The overall mood is somber and contemplative.

There is one art of which every man  
should be a master—the art of  
reflection.—If you are not a thinking  
man, to what purpose are you a man at all?

Coleridge







Mrs. Schwarz  
Religion



Mrs. Reid  
English



Mrs. Russell

Sister Elliott  
English, Religion





Mr. Poisson  
Religion

Mrs. Lane  
History, English



Miss Peirce  
Mathematics, Science

Mme. Laskowsky  
French







Mrs. Wood  
Science



Miss Taylor  
Geography, French

Mrs. Makin  
Music





Miss Vogt  
Science



Mrs. Dobby  
Mathematics

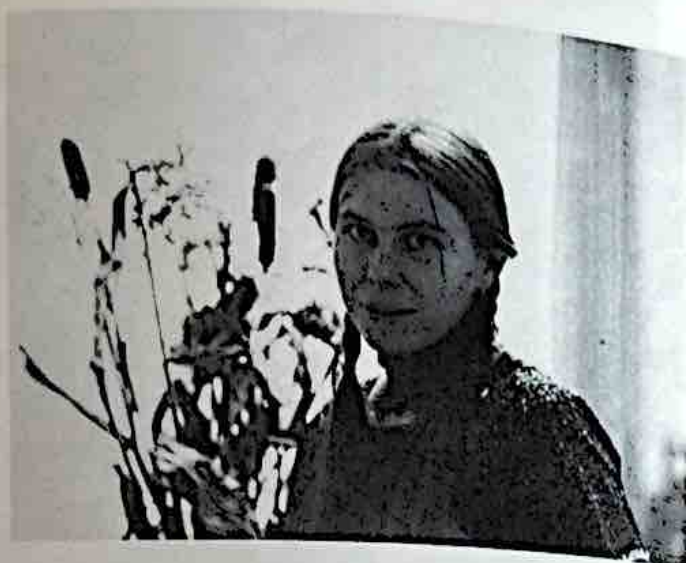


Mrs. Miller



Mrs. Di Pietro  
Mathematics





Mrs. Church  
Art



Mrs. Allen  
French, Spanish

Miss Carbone  
Student Counsellor





Miss Charney  
History



Mrs. Watson  
Physical Education





Mrs. Ayoub  
Mathematics



Mme. Habachi  
French

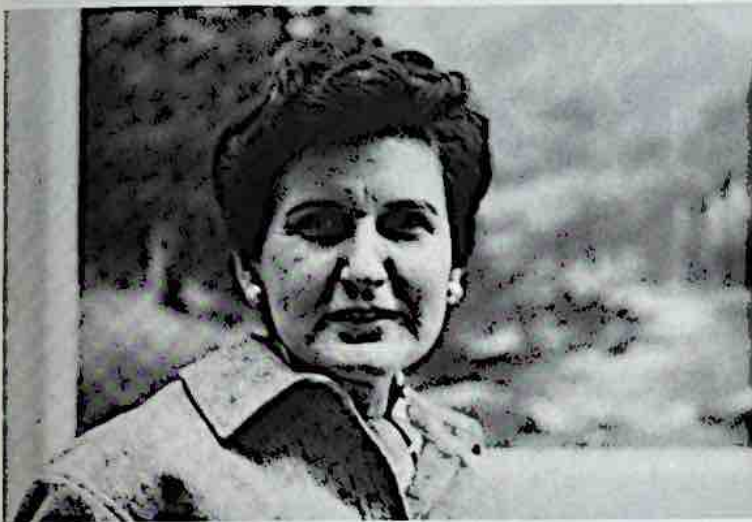


Mme. Lahaye  
French



Mrs. Berger

Mrs. Higgins



Mrs. Richards

Mrs. Cochrane  
Drama, English



Mrs. Phillips  
Librarian





Mrs. Hammond,  
Portress



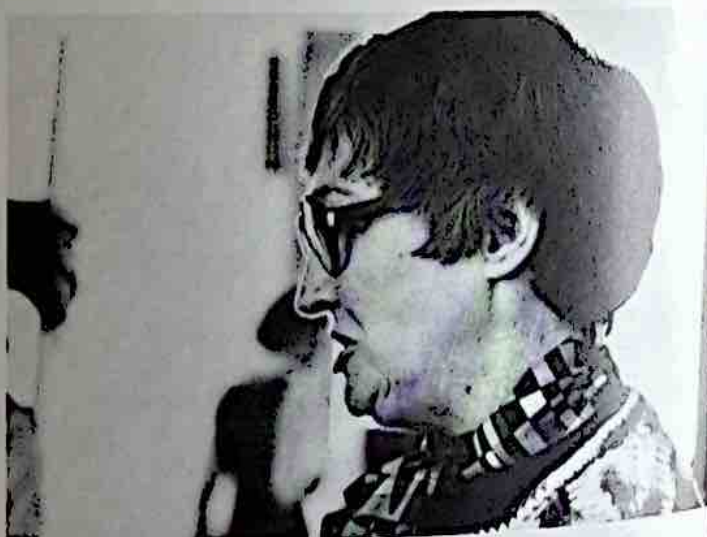
Miss McGill,  
Geography



Mrs. MacDonald,  
History



Sr. Murphy,  
English

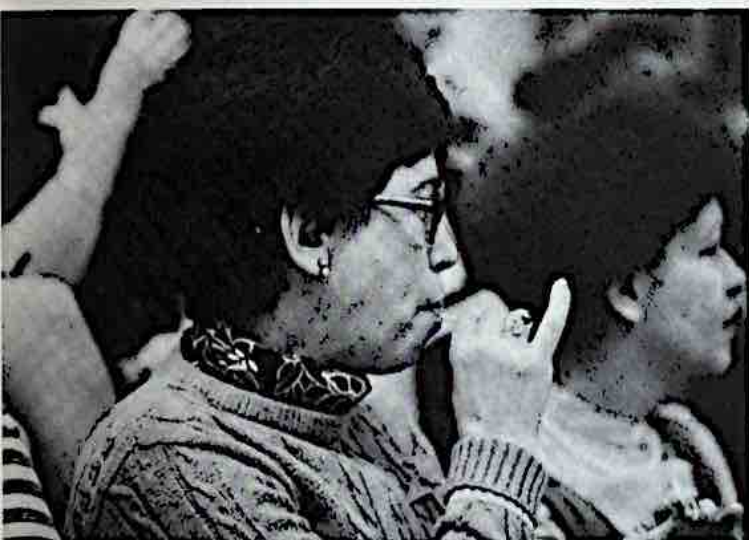




Sr. Hachette,  
French



Miss de Mello  
English



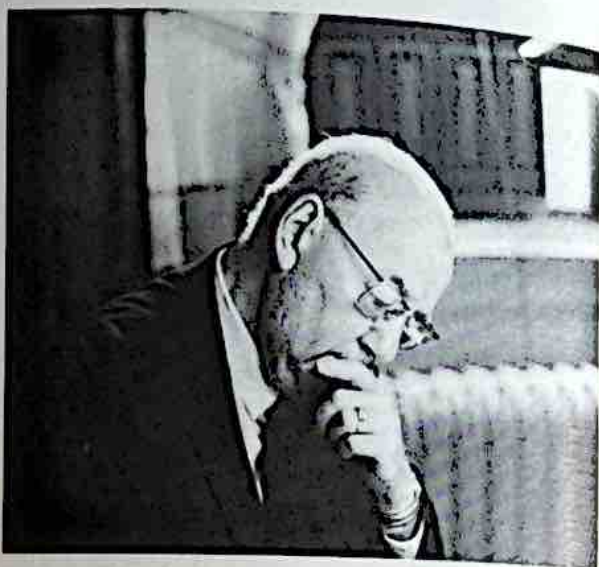
Mrs. Simon,  
Biology





Miss Mann,  
History

Mr. Primeau,  
Administrator



Our kitchen staff.





Margot Almond

Duchesne



ACTIVITIES: Watching M\*A\*S\*H, trying to get a newspaper going.  
FAVORITE SAYINGS: Eh, what is this? ! Fun for everyone! Fake it!  
LIKES: M\*A\*S\*H and being the first one down to lunch.  
DISLIKES: Interminable waits in the lunch-line.  
PET PEEVES: Doing things in alphabetical order, having her name spelled A-L-L-M-A-N-D.  
CLAIM TO FAME: Her scarf, Alan Alda pictures, impressions of Paul Lynde and a Singer sewing machine, and being able to eat without gaining weight.  
CHERISHED MEMORY: Montreal Olympics 1976.

Jehanne Asswad Duchesne

Jeh has been here for ten years. Those who have met Jeh know that her favorite pastime is talking. Whenever you want to know what's happening, ask Jeh; she's the leader of the Monday morning gossip sessions. Do you need to borrow money? Ask Jeh, the most generous kid I know. Would you care to have your palm read? Jeh's the best fortune teller around. I might add she is rather superstitious; when she meets a guy her first question is "What's your sign? ". Jeh is on a perpetual diet, collects L.C.C. copybooks, and is always seen with her best friend Carol (Prez.)



Florence Bagdoo Stuart



NICKNAME: Flo Flo  
LIKES: Skiing, red hair, school's carrot cake and drawing.  
DISLIKES: Selwyn House dances and beats. (See the relationship. . . )  
AMBIITION: Physiotherapist and painter  
PROBABLE DESTINATION: Painting the walls of a physiotherapeutic clinic.  
CLAIM TO FAME: Her drawing on copybooks

Cynthia Lynn Baril Digby

"So with a nod of thanks to his friends, he went on with his walk through the forest humming proudly to himself. But Christopher Robin looked after him lovingly, and said to himself, "Silly old bear". A.A.Milne

P.S. Thanks to all my friends and a special thanks to L.C., A.H., M.M., A.L., S.R., H.L., D.H., C.R., A.R., C.H., L.L.





Jeanne Beaudoin

Duchesne

AMBITION: To be Taller

PROBABLE DESTINATION: To star as a munchkin in the Wizard of Oz.

PET PEEVES: Widow's peaks, bushy eyebrows, and lousy hairdressers; Year-book pictures.

LIKES: Having a good time, regardless of the results.

CHERISHED MEMORIES: Ski Club '76, classes with M.M., D.S. and M.A. and the many good times they gave P.L. and me.

"Don't forget you guys, corner of Atwater and McGregor, October 21st, 12:00 noon, 1986"

Michele Bonardelli - Sheldon.

AMBITION: Travelling

PROBABLE DESTINATION: Visiting Sacred Heart schools all over the world.

LIKES: Parties, phone calls, onion rings

DISLIKES: Being a boarder for four years

PET PEEVE: Pronouncing my R's like W's.

FAVORITE SAYING: What's for homework? , "Who's the phone for? "

CHERISHED MEMORY: Boarding in Secondary 1

Everything put together is a cherished memory in itself.



Caroline Bookless - Trincano



There are places in my past

Faded memories

Sometimes I can laugh and cry

And I can't remember why

But I still love those good times gone by,

Hold on to them close or let them go

James Taylor

AMBITION: To become a great pianist and own a Ferrari.

P.S. Keep smiling Betty - Steve loves you.

Stella M. Brims Barab

AMBITION: Mathematician or chemist

PROBABLE DESTINATION: Replacing Miss Joy as math teacher

PET PEEVES: French class, French orals, French tests. . .

FAVORITE SAYING: "I'll explain it to you at détente"

CLAIM TO FAME: Vegetarian lunches







## Lynn Campbell Hardy

Friends, I will remember you, think of you, pray for you,  
and when another day is through, I'll still be friends with you.  
John Denver

Thanks to everyone for good, long lasting memories. Bye and luck in life.  
C.B., A.H., S.R., M.M., H.L., A.L., S.Z., C.R., D.H., (Blade)

## Jenny Chase-Dunn Sheldon

Then the sands will roll  
Out a carpet of gold  
For your weary toes to be touchin'  
And the ships wise men  
Will remind you once agin  
That the whole wide world is watchin'

B. Dylan



## Sandra Cooney Barat



AMBITION: Neurologist

PROBABLE DESTINATION: neurotic

CLAIM to FAME: Wild imagination, being gullible

PET PEEVE: Adapting to changes

CHERISHED MEMORIES: November 1975 to May 1976. "And all that's left is the memory."

COMMENT: Thanks for putting up with me for four years. It was fun and I'll miss you.

## Suzanne Côté Digby

"An artist is born." Suzanne may be found decorating her notebooks in script writing, developing or enlarging pictures in a dark-room, or haggling with her mother over the car. Her passion is skiing; if she could only work as hard in class as she does on the slopes!  
Only being at Sacred Heart for her graduating year, Suzanne has left her artistic mark behind and has found many friends.





## Deborah Cuthbertson Hardey

AMBITION: Surgeon or Actress

PROBABLE DESTINATION: Having people in stitches no matter what she does.

NICKNAME: Disco Duck, Fuzzy

CLAIM TO FAME: Being the second Cuthbertson of the fourth generation.

PET PEEVE: People who ask her "Why is your hair curly?"

LIKES: Triscuits with marmite.

## Leontine DeBarbure du Rousier

Tipsy Tina, alias rat, idiot, Leo DebarDebar, tinkabel, Mavis, and Tiny has an incredible fetish for chocolate bananas. In fact, she is the inventor of "The Chocolate Chip Cookie", driving the Laura Secord boys crazy with demands for free chocolate chip ice cream. Not surprisingly, she can be quoted as saying "Oh no! Look how fat I got!" Her taste in boys runs to gorgeous L.C.C. referees, and T.T.'s.



## Phonda Delaronde Trincans

A little while and I will be gone from among you, whither I cannot tell. From nowhere we come and into nowhere we go. What is life? It is a flash of a fire-fly in the night. The breath of the buffalo in the wintertime. It is the little shadow that runs across the grass and loses itself in the sunset.

Chief Crowfoot 1890.



## Jennifer Donolo Hardey.

Jen's many long years of concentrated efforts not to get involved have landed her in Secondary 5 and on most committees! Although she plans to become a "cop", we are all sure that in a few years a short walk down St. Matthew will find her polishing handcuffs at station 10. (her horse parked alongside the blue and white squad, of course.)





Susan Fisch - Calat



AMBITION: Geographer.

PROBABLE DESTINATION: Mapping molehills on Mt. Royal.

To Lucie: It all started at the "4501". . . .

To Melanie: I.O.U. one "Cool" weekend.

To Lynn: You took good care of me. Thanks

To Miss McGill: Prejudiced forever!

To Carol: Should I rewrite this?

Happiness sneaks in through a door you didn't know you left open.

Kathy Fitzgerald Stuart

NICKNAME: Fitz.

AMBITION: Working with children

LIKES: Holidays, traveling, reading, parties, weekends

DISLIKES: Monday morning,

Tis easy enough to be jolly  
when life flows along like a song  
but the one worthwhile  
is the one with a smile  
when everything goes dead wrong



Magda Gergely Hardey



Born: 100 years too early or 10 years too late

Lived: A good life till meeting A.M.R. and N.D.

AMBITION: Zoologist, astronomer, marine biologist, archeologist, astronaut and writer.

PROBABLE DESTINATION: Swallowed by a whale or captured by UFO's.

PROTOTYPE: Bodri the Puli and Skip the Mutt.

CLAIM TO FAME: Has mastered the art of wasting free periods.

WILL: My calculator goes to Anne-Marie and my L to P.

Suzanne Hall duRousier.

Also known as Suzie or the kid wearing the yellow shirt again. She invaded our school five years ago with insane thoughts of becoming a doctor AND first woman Prime Minister. (Who can forget her Sec. 4 interest in what makes Canadian politics tick).

CLAIM TO FAME: Eating and eating without gaining weight.

LIKES: Dancing, concerts at the Forum, writing letters, and being a Prefect.

PET PEEVE: Getting 19.5 on 20 on Chem. Study tests.

THOUGHT: "Open up your heart and let the feelings flow".





## Angie Hamilton - Barat

NICKNAME: Angel, Gudge

AMBITION: Lawyer

PROBABLE DESTINATION: Cleaning washrooms at City Hall

PASTIMES: Writing CB messages in blackboards during spares

PET PEEVES: Trying to think of witty things to put in yearbook blurbs, autograph books, etc. . .

CLAIM TO FAME: Talking to "Pransors"

FAVOURITE SAYING: 10-4 fer sure; Whooooaa! Oh, you guys.

LIKES: Mr. Molnar's carrot cake

## Diane Hodges - Digby

FOR ARAUL, AZIL, GARY AND S.H.G.

Solar prestige a gammon,

Kool Kar kyrie kay salmon.

Hair ring molass is abounding.

Common lap kitch sardin a poor floudin.

Bernie Taupin "Caribou"



## Jill Ilsley

## Hardey

"One can discover the secret of the sea  
in the meditation of a dewdrop."

Hi there! Jill Ilsley is the name - and

getting up on Monday mornings is the game!

AMBITION: To discover what my ambition is.

CHERISHED MEMORY: Pender Island '75.



## Liane Johnson Sheldon

Thanks to everyone for the best times:

"There's a space between us. A place I can't go, unless  
you step across and meet me half way. We've been friends  
for much too long, and the feelings much too strong to  
let it go astray.

Reach out and make the space between us go away."

Carole King.





## Sandra Kayem - Trincano



AMBITION: Take over her father's business

HOPEFUL DESTINATION: Marrying the best looking and richest guy in the world

PROBABLE DESTINATION: Executive in charge of mopping department, married to a janitor.

CLAIM TO FAME: Planning to become Miss Florida and marry only one husband

FAVORITE SAYING: J'peux pas croire.

Jan Kennedy

Barat

Jan arrived two years ago, and it didn't take long for her to become as rowdy as we are. She's the only one I know who can walk in Monday morning with a smile and hold it for the rest of the week. A real favourite at Sacred Heart-something like chocolate ice cream. You can't get enough.

A.S.

CLAIM TO FAME: Talking to Brook every Sunday for 1/2 hr.  
CHERISHED MEMORIES: August 1976, weekends at Lachine



Kathi Kennedy

Harvey



Kathi is a Gaspazie! This means that she is able to fall off cliffs while enjoying the beautiful Gaspé scenery. She is also famous for her chocolate donuts and funny accent.

FAVORITE SAYING: "I'm so mental today".  
Good Luck, J.P.

## Laura Kirkpatrick Trincano

Life is one big puddle, you have to swim through it to get to the other side, Who in the whole school could make such a philosophical statement; who still struggles for a gold medal in the Canada Fitness Awards; whose laugh has been heard echoing throughout the school for 5 years; who stamps into class at 9:15 every morning and gets away with it; who is known by everyone in the house?

Who else but Laura





## Hiline Langerin Stuart

Friendship is a priceless gift that cannot be bought or sold.  
But its value is far greater than a mountain made of gold.  
For gold is cold and lifeless; it has no ears to listen, no  
heart to understand, it cannot bring you comfort, or reach  
out a helping hand.

So when you ask God for a gift, be thankful if he sends  
Not diamonds, pearls, or riches,  
But the love of real true friends.

## Niede Lapointe Drouin

"Now and then I get up close to you, like to stay but I'm just passing through,  
so I'll have to say good-bye. . . Until the next time I fly."

Nini is known for her crowning glory, her "beautiful" smile, her "Most  
legible" handwriting and her lifts home by a certain L.C.C. boy.

"I'll miss you! P.S. How about a box of cookies as a going away present! "



## Michèle LeBlanc Barot

You are here just to live,  
Living just to give,  
Yourself in many ways,  
Today, tomorrow, and always.  
M.L.



## Ann Ladden Stuart

"And the song, from beginning to end  
I found again in the heart of a  
friend."

-Longfellow

Thanks to my friends.







Patricia Lynch

DuRousier

God grant me the serenity to accept the things I cannot change; the courage to change the things I can change; and the wisdom to know the difference.

PROTOTYPE: Kurt Russel

AMBITION: Geologist

PROB. DESTINATION: Creating the first talking pet rock

FAV. SAYING: CARE! I

CHERISHED MEMORY: Life

Monagh Macauley

DuRousier.

The years have gone by too quickly  
Only the memories remain  
But after all, it's what we've done  
That makes us what we are.



Jean Mackinnon

Duchene



AMBITION: To teach Phys. Ed. at Sacred Heart

NICKNAME: Cutes, Short Stop!

PET PEEVES: being called Mackinnon Jean-Ann.

LIKES: Guys, Dancing, and Corvettes, in that order

DISLIKES: No phone calls before getting home on Friday and no mail.

PROB. DEST: a waitress at the L.L.

CHERISHED MEMORY: September 16, 1976

Kathy Martin

Barat

Kathy entered Sacred Heart last year. She is one of three Kathy Martins that have attended this school so far. She will always be remembered by her laugh, constant eating at Jeh's, and her "influential" times with Michèle. Plus those famous Friday nights playing badminton or Saturdays with Michèle at the roller skating rink.

- Ideals are like stars; you choose them as your guides, and by following them you will reach your destiny.





## Mary Martin Sheldon

NICKNAMES: Big Mare and Melly and Jolly Green  
 AMBITION: Ecologist  
 PROB. DESTINATION: Weeding lawns at Sacred Heart  
 LIKES: Almost every thing  
 PET PEEVE: "Mary Martin, Mary Martin"  
 FAV. EXPRESSIONS: "Ello", "You Harv!"  
 CLAIM TO FAME: Highland dancing in the halls  
 CHERISHED MEMORY: September 6, 1976

## Buddy Mombide Stuart

Bev is the one who has the great talent for playing guitar. If you want to witness this, you may go down to St. Catherine Street at two A.M. and look for a curly haired lunatic, singing to the Pigeons. She is famous for her CKGM song and an obsession for hot lunches! "Baby, come on baby, yeah. . ." Take care of it Jill.



## Clare Mearns Duchesne

NATIONALITY: Irish!  
 AMBITION: Pilot  
 PROB. DESTINATION: Making paper airplanes and watching them fall to the ground.  
 PROTOTYPE: The Jolly Green Giant.  
 FAMOUS FOR: The Irish charm.  
 LIKES: Horses, Ireland, swimming, tennis, Irish stew



## Marilyn Montross, Trincano

PROTOTYPE: Olga Korbut  
 AMBITION: Fashion Merchandiser  
 PROBABLE DESTINATION: Fashionation merchandiser for Woolco  
 ACTIVITIES: Captain of Trincano, prefect, Gym Club coach  
 SAYING: "A ship in a harbor is safe, but that's what ships are meant for."







*Helen Mooney*

*Haroley*

AMBITION: Child psychologist  
 PROBABLE DESTINATION: who knows? . . . Being counselled by little children! ? !  
 CLAIM TO FAME: Having good box lunches. right Criiissai? . . . right Carolinel ?  
 CHERISHED MEMORIES: Boarding at C.S.H. in Sec. 1  
 COMMENTS: If I could save time in a bottle,  
 The first thing that I'd like to do. . .  
 Is to save everyday till eternity passes away  
 Jim Croce

*Melanie Mason - Digby*

AMBITION: Fashion model  
 PROBABLE DESTINATION: Centerfold in Popular Mechanics.  
 FAVORITE SAYING: Chu ben ecolurée  
 To S.F.: Come on, Sue, let's go for a swim - it's only 4 Celsius!  
 To S.K.: Maybe one day our eternal plans will come to life. Good luck.  
 To S.M.: Friends forever, huh?  
 "L'Amitié faillit dans le coeur qui cherche" M.M.



*Michèle Nadeau*

*Sheldon*



AMBITION: Head of the Liberal party of Canada, or translator.  
 PROBABLE DESTINATION: Janitor in the Parliament Buildings of Canada, or translating French orals for D.C. and M.S.  
 TO REMEMBER: Meeting many athletes (Right Vassili and Nadia? ) at the Montréal Olympics of 1976.  
 To Miss DeMello: Remember the "Joke of the day", the "chicklet lady" and that great English class.  
 To Mrs. MacDonald: Remember those Newfie jokes!  
 To Ms. Brodrick Cochrane: Today Georgie Porgie, tomorrow Robert Redford!

*Jane Nakagawa Digby*

When we first heard "yo's" and "Uf course", we immediately became aware of a certain someone in the back of 7B class. Maybe it was her "Bonzo" phrases which made us love her, she's our little Japanese-American counterpart from Sacred Heart. Active and helpful in activities and school work, Jane is one of a kind.





## Susan Nucci-Stuart

The one with the weird retainer and shiny oxfords. The only flashy red-head in Sec. 5. Hates pierced ears, contact lenses and plucked eyebrows. Dear Elaine, Michele: drip, drip. Dear Rhonda: I knoooww! Won't forget schmendricks tic-tacs, E.S. "Stairway to Heaven" and friends.  
 "Things come to those who wait for them."

## Madine Zikow Sheldon

AMBITION: Prime Minister of Quebec  
 PROB. DEST: Mopping Parliament Building floors  
 PROTOTYPE: Napoleon  
 LIKES: Skiing, Beau Dommage, singing, discussing politics with Zilly  
 DISLIKES: Diets and C.P.'s criticisms  
 CLAIM TO FAME: Revolutionary mind  
 THOUGHT: "Ceux qui vivent sont ceux qui luttent."

V. Hugo



## Deane Pellan Duchesne

AMBITION: Chemical engineer.  
 PROBABLE DESTINATION: Laboratory clean-up man.  
 PET PEEVE: Breaking my skis at the top of the hill at 3:45 when the ski bus was supposed to leave at 4:00.  
 FAVOURITE SAYING: "You're kidding. . ." There's no way. . ."  
 LIKES: Skiing, hiking, and eating.  
 DISLIKES: Breaking skis and moochers.  
 CHERISHED MEMORY: Summer of '76



## Danielle Picard Sheldon

NICKNAME: Dany  
 LIKES: Lipsticks, Angie's imitation of Mme. Lahaye, M.J., "A Qui?"  
 DISLIKES: Ann Marie's daily cracks, Shakespears's language  
 AIM: Helping juveniles  
 PROBABLE GOAL: Helping C.S.H. kids during bake sales.  
 CLAIM TO FAME: Her "Pimpleless" skin.





## Caroline Pick Trincano



"Oh, I'm on my way, I know I am  
somewhere not so far from here.  
All I know is all I feel right now  
I feel the power growing in my soul."

-Cat Stevens

I am not like anyone I have ever known.  
Yet if not better than the next,  
At least I am different.

-Cat Stevens

## Janet Polud Duchesne

Janet's first week of school consisted of falling down the stairs, but she was not affected by it, for she has survived five years here. Her love for Alexis Nihon and Polish food is shared by her "Kolega" Lynda. Janet is one of the most organised girls we know and is famous for "one in the country and one in the city" and her French overtone English.

CHERISHED MOMENT: Having those laughing fits in Paris with Lynda.



## Jill Procecky Sarat



Jill is a fun loving member of the graduating class. She is a devoted member of Seaforth after school club. She is world renowned for her craziness and cheese with apples. She likes Steely Dan and the Maritimes - - See you there Jill!

Bev, Kathi, Sandra

## Lisa Price

## Stuart

Will you be my friend?

There are so many reasons why you never should  
I bluster and brag, seek attention like a child

But I will make you laugh,  
and love you quite a lot.

I cry a little almost every day,

Because I'm more caring than people ever know

But I will make you laugh,

And love you quite a bit.

Will You be my friend?

For no reason that I know

Except I want you so.

Excerpts from James Kavanaugh





Joyita Purkayastha Dr. Pansier

**ALIAS:** Purky

**AMBITION:** Mad scientist

**PROBABLE DESTINATION:** Long career in CSH lab clean-up

**LIKES:** David Bowie, blonde-haired-blue-eyed hunks

**CLAIM TO FAME:** Short, pint-sized pip-squeak

Christina Reid Digby

PROTOTYPE: Poppin' fresh Pillsbury dough girl

NICKNAME: Chrrriiiiisssssssssssssaaaaaaiiii!

### CLAIM TO FAME: Provoking earthquakes when she laughs

**FAV. SAYING:** Whoopawhoops, Chip Chip, Tointsy Doink

**PET PEEVES:** getting pinched while drinking her milky-poo

**LIKES:** Tangoing with Boom Boom Baril

THANKS: To Helen M. for many great lunches! To the gang



J. B. Pinellard Stuart.



**AMBITION:** Nuclear Physicist

PROBABLE DESTINATION: To blow up!

**FAVORITE SAYING:** "Did your mother really sew your ribbon on?"

**PET PEEVE:** Last in cafeteria line, no singing, laughing at her own jokes alone.

**LIKES:** horses, reading, music

**MOST CHERISHED MEMORY:** Sweet Sixteen birthday in Paris.

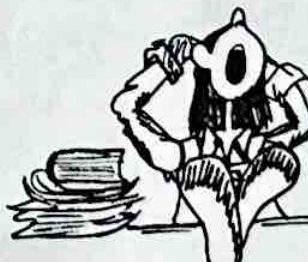
Mary-Lynn Plendean - Hardy

"I know that hard work never hurt anybody. . .but why take chances? "

**PET PEEVE:** Arriving at school panting and finding out I'm late.

CHERISHED MEMORY: Ski trip '76

**THOUGHT:** There is no such thing as a stranger, they're just friends you haven't met yet.





## Elaine Segueria Barat

"Those school girl days of telling tales and biting nails are gone, but in my mind, I know that they will still live on and on (To M.J.) And how do you thank someone who has taken you from crayons to perfume? " A song. Dear Friends: I'll never forget all your little idiosyncracies and all our private jokes, and I hope you remember all mine, especially my dancing craze. Best of luck for the future!

To all my young "old" teachers: Thank you for bearing with me during the past five years, but most of all for making them very special.

## Vivianne - Sergiamidis Sheldon

PET NAME: Viv

AMBITION: Interpreter

PROB. DEST.: a person in need of speech therapy

FAMOUS SAYING: "Okay you guys", "By love".

PET PEEVES: math, not eating and not hitting S.Z.

PROTOTYPE: Lady Godiva

BAD HABIT: Hiccapping and hitting S.Z.

CLAIM TO FAME: eating everyone else's lunch after having eaten hers at detente.

## Anna Skorczewska Du Pousier

you shall above all things be glad and young.  
for if you're young, whatever life you wear  
it will become you; and if you are glad  
whatever's living will yourself become.

e.e. cummings

Thanks to All

## Anne Sloan

## Duchessne

We've only just begun to live. . .

Anne is an odd to strange mixture of bubbling soda and still waters. Also, one of my favorite people; a friend to many who think she's too good to be for real, and too bad to be believed. (M.T.)

AMBITION: Physiotherapist.

PROTOTYPE: Winnie the Pooh.

LIKES: Golf, skiing, and parties.

CHERISHED MEMORIES: December 1974, Secondary IV French class.

CLAIM TO FAME: Being the first one out of school every Friday.

Melina Rizzuto Stuart



NICKNAME: Mell  
 LIKES: school's cream soup, "Rich Man, Poor Man," and lipstick  
 DISLIKES: People who laugh for nothing, but with whom she hangs around  
 ... Hey, F.B., N.O.  
 AMBITION: She doesn't know yet.  
 PROBABLE DESTINATION: Trying to decide on what she'll do in life.  
 CLAIM TO FAME: Her insulting good marks in math when everyone is failing.

Meila Roman duRousier

PROTOTYPE: Rabbit!  
 AMBITION: Scientific research  
 PROBABLE DESTINATION: "Washing little bottles."  
 PET PEEVE: Experimental error  
 CHERISHED MEMORY: April 25, 1975  
 COMMENT: "A million tomorrows shall all pass away, ere I forget all the joy that is mine today."



Carol Rossy duRousier



LAST WORDS FROM THE PRESIDENT:  
 Do all the good you can  
 In all the ways you can  
 To all the people you can  
 Just as long as you can  
 Many thanks to Mother Johnson, the Staff, my friends and especially my parents for making my five years at the Sacred Heart such memorable ones.

Andrea Schwykowsky Digby

Consider the Auk;  
 Becoming extinct because He forgot to fly, and couldn't walk.  
 Consider man, who may well become extinct  
 Because he forgot how to walk and learned how to fly before he thinned.  
 Ogden Nash  
 Thanks to all who made my high school years something to remember.







Lynda Sokalski

Trincano

To every girl in Secondary V:

Thank you for five years that were an absolute riot.

To Cristie, Lil, Lannie and Laurie,

Thank you for putting up with Dylan, my constant mooching, my crazy mixed up stories and usually overpowering enthusiasm. You'll always be remembered with laughter and love and for being real friends.

Unhappiest Moment: Laughing fits in the room in France with Janet.

Audrey Saccar Trincano

Time is. ....

Too slow for those who wait,  
Too swift for those who fear,  
Too short for those who rejoice,  
But for those who love,  
Time is not.



Michelle Stennett Duchesne



Oh, very young, what will you leave us this time? You've only been dancing on this earth for a short while and though your dreams may toss and turn you now, They will vanish away, like your dad's best jeans,  
Denim blue, faded up to the sky  
And though you want it to last forever,  
You know it never will, you know it never will.  
And the patches make the good-bye harder still.

—Cat Stevens.

Cristiane Timmouth Stuart

Cristie has spent her years at Sacred Heart always there when needed. Who can ever forget: her delicacies during Ozzies hours; her attempts to satisfy Lyndie's appetite, her well noted art in baking, her strengthening "influence" on those "babysitting" nights, her "big word" poems, and her words of wisdom: "Where there is hope there is life, where there is no hope there is still life." Cristie hopes to be a lab technician, but continuing her typical movements and expressions, she'll be a specimen of study herself!  
Think a lot, why think of everything you've got, for you will still be here tomorrow, but your dreams may not—

—Cat Stevens.





## Sofia Tsengoulas-Dukensier

Sofie is known as the S.H. Greek who has many handsome Greek boys running after her. Her pet peeves are having her name spelled with PH, being called Sophie and a certain person who says "that's Greek to me". Everyone loves her for her delicious lunches and for this great idea that she had last March. Of course the story of her life is topped off with her favourite saying "So what can I say...?"

## Leslie Turner Trincano

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.

K. Gibran



## Dina Vincelli - Dushene



NICKNAME: Dino

PET PEEVE: Being called Dino

AMBITION: Pianist

PROBABLE DESTINATION: Music teacher at CSH

FAVORITE SAYINGS: "...know what I mean?" "aw shut up Joy"

CLAIM TO FAME: Eating the hot lunchers' lunches, right A.M.?

LIKES: Nuts (J.P.? ) and riding

## Noni Wallace Barat

"Snap Snap, drink drink, wink wink, say no more, say no more" is one way to summarize the exploits of this wild personality. Known on the social scene as Noni the no-no, twinkles, sparkles, No! Noni No! , Delilah etc. . . and is frequently asked "Noni jokes?" (Know any jokes? HA, HA) The Australian beach bunny turned maniacal ski bunny who's full of delightfully wicked plans which usually end in one of her incomparable messes.







Alison Waters

Digby

But what I'd like to know  
Is could a place like this exist so beautiful  
Or do we have to find our wings and fly away  
To the vision in our mind?

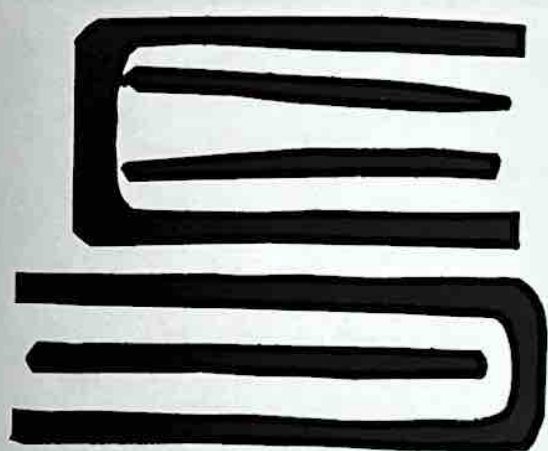
Stevie Wonder.

Suzanne Filaki

Harvey

NICKNAME: Zilly  
AMBITION: Travel the world  
PROBABLE DESTINATION: Take the Metro to Guy  
LIKES: Discussing politics with Nadine  
FAMOUS SAYING: ?? Okay, Okay, ... Okay"; "Anyways"  
DISLIKES: Not hitting V.S.  
CLAIM TO FAME: Long nails  
BAD HABIT: Taking my anger out on V.S.





10-9-8-7



# SECONDARY 1A

The secondary class 1A,  
Is so happy, jolly, and gay!  
To trick all our teachers,  
Is one of our features,  
Though we truly try to obey!

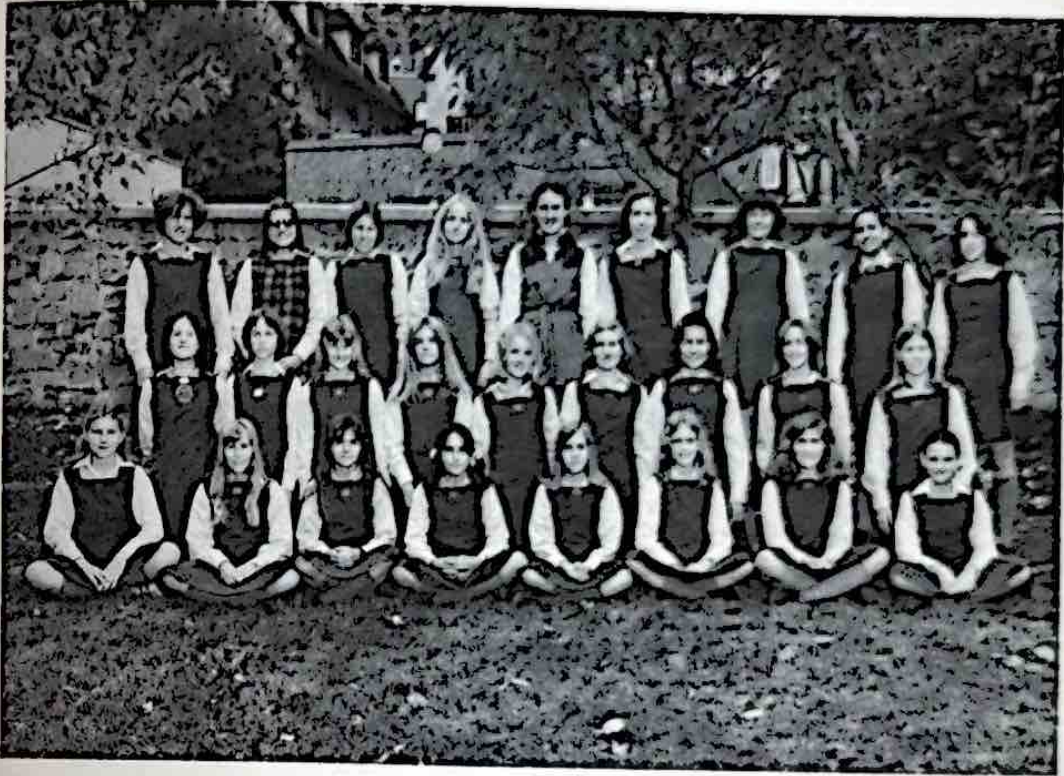
FRONT ROW: Y. Nakata, C. Rott, J. Boisjoli, A. Noble, R. Diamond, M. Tobin, P. Fagan, C. Lalonde, C. Chaya.

MIDDLE ROW: P. VanderWalde, K. Quinlan, A. Pick, K. Burton, A. Massa, A. Lavoie, M. Alexander, K. Delisle, S. Fibbiani, G. Yipp.

BACK ROW: M. McAlear, M. Sheils, M. Hamilton, S. Giguere, M. Smith, N. Chabot, L. Tsung, C. Kayem.



# SECONDARY 1B



FRONT ROW: M. Wells, E. Pretty, S. Jass, S. Niazi, J. Long, A. Woods, J. Marciano, L. deCarlos.  
MIDDLE ROW: F. Lewis, J. Fagan, P. Forbes, C. Durley, C. Gruodis, D. Motyka, R. Sky, A.  
Lloyd, A. Carson.  
BACK ROW: K. Stevenson, M. Leduc, S. Belec, V. Foley, S. Brownrigg, S. Byrne, F. Smyth, K.  
Goulielmos, L. Parry.

IB can be quite smart  
When everyone does her part.  
We can make a sentence, laugh at puns,  
and shatter test tubes by the tons.  
Keep up in Math and History  
Onwards II B towards victory!



# SECONDARY 1C

Happiness is. . . .  
Happiness is all our sighs,  
Happiness is our ups and downs,  
Happiness is our hows and whys,  
Happiness is our smiles and frowns.

Happiness is our old green blackboards,  
Happiness is our desks and chairs,  
Happiness is all our teachers,  
Happiness is our friends, our cares.

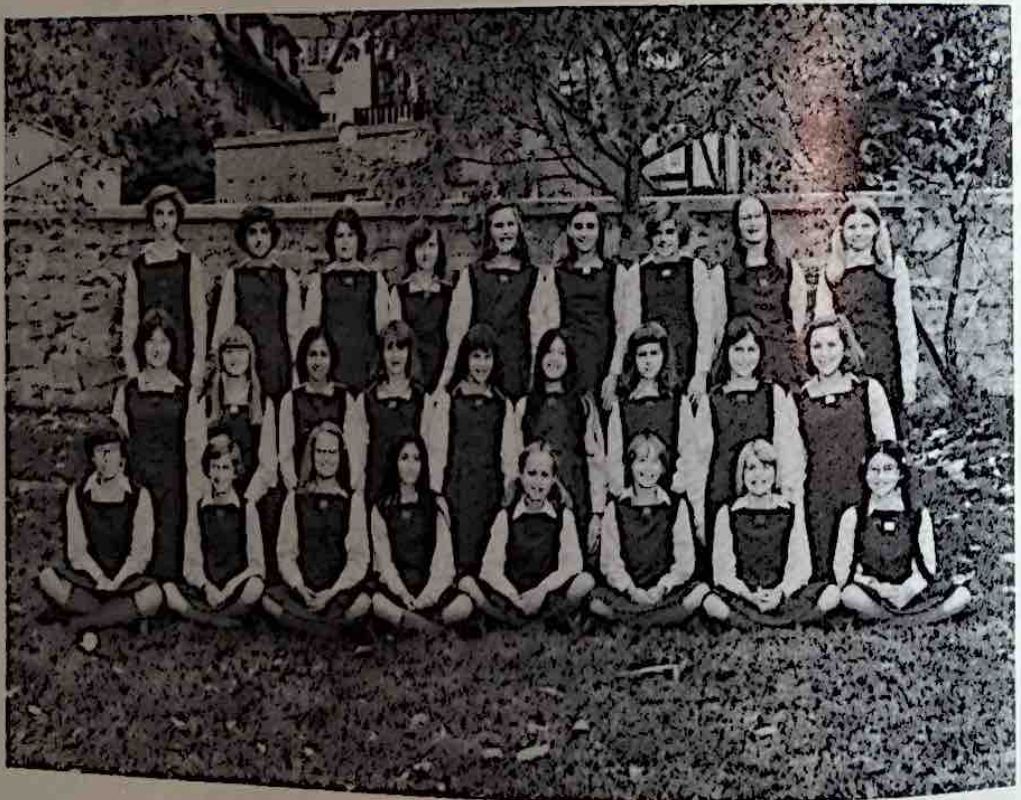
Happiness is our yellow walls,  
Happiness is our work, our glee,  
Happiness is our shouts, our calls,  
Happiness is our class 1C!

FRONT ROW: C. Demers, C. Goldsmith, L. Palko, M. F. Forte, L. Day, L. Semeniuk, T. Vickers, K. Taguchi.

MIDDLE ROW: M. DiBlasio, H. Hewitt, S. Nayar, J. McGowan, J. O'Brien, A. Nucci, K. Himbury, C. Giraldeau, E. Lamontagne.

BACK ROW: M. Boulos, M. Rizzuto, M. A. MacKinnon, C. Lemay, K. Splicer, J. Bienvenue, S. Beaudoin, K. Cannon, B. Stahl.

ABSENT: S. Campbell



# SECONDARY 2A



FRONT ROW: K. Adams, L. De Rocha, T. Little.

SECOND ROW: M. Cornish, J. Boisvert, P. Laplante, C. Badke, J. Stevens, K. MacKinnon, J. Beauvais.

THIRD ROW: B. Pellán, K. Petersen, V. Naday, C. Hutchings, A.M. Waters, J. Nobbs, L. Farha, A. Franklin, J. Zorzi, B. Reilly, E. Bray, C. Gregoire, C. Matthews.

BACK ROW: P. Sylvain, A. Sacconaghi, J. Rush.

## OUR CLASS

You're a wild bunch, 2a  
running in the halls day after day.

You're a noisy bunch, 2a  
with lungs the size of Hudson Bay.

You're a smart bunch, 2a  
with more than enough work each day.

You're a strange bunch  
You're a weird bunch, 2a  
but, we'll keep you anyway!



2B

- I think, is very like  
A little golden door  
That takes me into places  
Where I've never been before.

It leads me into adventures  
Or surprises strange and far.  
Best of all, the golden door  
Always stands ajar.

Catina Despotopoulos

FRONT ROW: C. Larocque, E. Mulholland, C. Fekete, K. Xistris, A.M. Allebone.

SECOND ROW: A. Kuskowski, M.A. Anderson, M. David, R. Bernard, M. Rudolph, S. Yates, J. Price.

THIRD ROW: C. Garbacz, M. Simonklein-lehn, J. Sztuka, S. Gibson, D. Day, J. Garipey, J. Brimo, C. Waters, A.M. Locas, T. Nair.

BACK ROW: S. Quaid, C. Leger, N. Allard.

ABSENT: C. Despotopoulos.



# SECONDARY 2C



FRONT ROW: L. Gardner, S. Smidt, C. Lavoie.

SECOND ROW: J. Morrin, C. Martin, H. Kruitwagen, L. Bisailon, M. Gatelaro, D. Williams, C. Parent.

THIRD ROW: C. Westbury, J. Rossi, D. Opzoomer, J. Oss, A. Rumin, M.L. Yee, S. Palfreeman, A. Callegarini, E. Walsh, A. DeAngelis, C. Barr, S.A. de Leonardis, C. Kennedy, A. Braams.

BACK ROW: D. Souccar, S. Bois, M. Brown.

IIC

IIC is like the wind  
It is very temperamental,  
Some are fierce; whereas some are gentle.

IIC is a mixture of laughter and sorrows,  
But mostly a hope for bright tomorrows!



# SECONDARY 3A

## 3A-Class prayer

Now I lay me down to study  
I pray the Lord I don't go nutty,  
And if I fail to learn this junk  
I pray the Lord that I don't flunk.  
But if I do, don't pity me at all  
Just lay my bones in the study hall.  
Tell my teacher I did my best,  
Then pile my books upon my chest.  
Now I lay me down to rest  
To pray I'll pass tomorrows test.  
If I should die before I wake,  
That's one less test I'll have to take.

Sandra Johnson  
"Seventeen".

SITTING ON FLOOR: M. Rossi, J. Richard, J. Waters, F. MacAuley, J. Dufrene, C.A. Schweykowsky.

ON CHAIRS: L. Purino, J. Seguin, M. Paquin, J. Pettinichi, E. Botos, T. Pompa, K. Valente, J. Ferrier, C. Caminiti, L. Marciano.

STANDING: V. Harvey, J. Mainwaring, C. Cuthbertson, L. Campbell, K. Hessel, P. Murphy, D.M. Haimerl, C. Perreault, E. Brimo.

ABSENT: R. Esguerra, L. Walsh.



# SECONDARY 3B



SITTING ON FLOOR: A. Bolvari, K. Schultz, J. Langlois, S. Belanger, M. Rowan, Q. Tse.  
 ON CHAIRS: E. Gregoriou, S. Fulop, A. Valiquette, S. Plante, D. Durocher, C. Vincelli, M. Thibaudeau, C. Cooke, M. Bernard, D. Enguehard.  
 STANDING: K. Murphy, M. Warren, P. Pratt, L. Bradley, D. Ruest, J. Lefko, K. Boivin, L. Pawlovsky, M.J. Gravel.

Kelley: Plop! here goes Kelley with her Lip Saver again.  
 Marie-Josée: The Frenchie who is always talking.  
 Judy: Anything you want.  
 Queenie: The newest addition to our class.  
 Lynn: The quiet one.  
 Carla: The Great Italian.  
 Carolyn: Blondie.  
 Sylvie: Always up to something.  
 Jeannie: Anne's constant companion.  
 Anne: Who always laughs.  
 Mary: She is never comfortable in class.  
 Laima: Long, blonde hair.  
 Monica: Competes with Lynn.  
 Susan: Tall with specs.  
 Diane: "The Swinger".  
 Anick: Sweet and innocent.  
 Kathy: Goes into hysterics over bees.  
 Danielle: Martine's bodyguard.  
 Marthe: The most loyal Trincanian in the school.  
 Kirsten: Horse freak and stable bum.  
 Jo Ann: Likes to talk.  
 Sophie: Who has an inborn talent for drawing and golf.  
 Dayna: The one who rejoined us after an absence of a year.  
 Penny: Curly.  
 Martine: "The Brain".



## SECONDARY 3C

What are those grey blue statues  
sitting, learning.  
Bell rings, statues spring from stillness into life,  
laughing, shouting,  
running madly down the stairs and through the hallway.

SITTING ON FLOOR: M. Taylor, C. Somers, S. Fernandez, F. Diamond, A. Maioni, L. Montour.  
ON CHAIRS: A. Goldsmith, F. Morson, F. Mondor, G. D'Alesio, R. Oman, N. Senchey, C.  
Thompson, D. Brownrigg, I. Mask, M. Wajda.  
STANDING: K. Zilahi, M. Shu, J. Lockhart, M. Delisle, A. Murphy, S. Micks, I. Moisl.  
ABSENT: M. Lincoln, E. Prescesky.



## SECONDARY 4A



FRONT ROW: D.L. Dagenais, K. Diamond, D. Fagan, A. Ruta, C. Creighton, M. Semeniuk, L. Carrier, N. Assalian, R. Kierans.

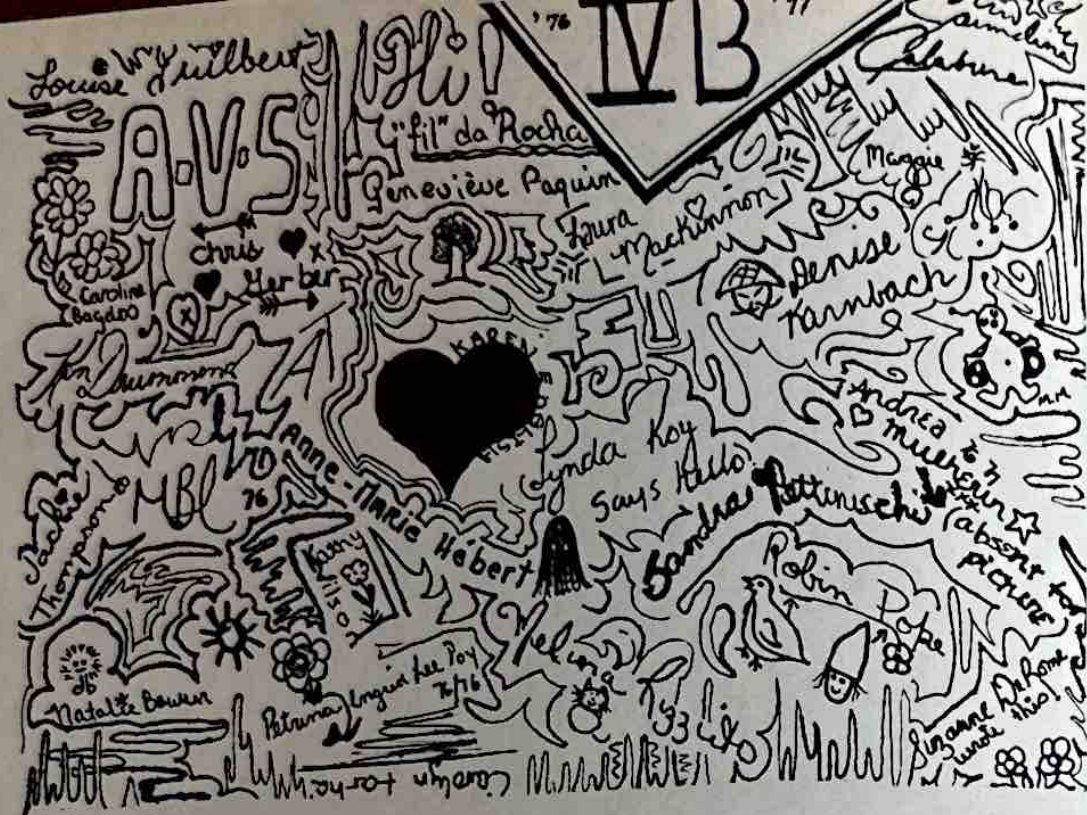
SECOND ROW: E. Stokes, G. Pompeo, S. Kearns, L. Wood, G. Bertozzi, H. Hamel, L. Tetrault, I. Pivnicki, E. Lutfy.

THIRD ROW: P. Webster, J. Mergler, S. Paquin.

BACK ROW: K. Jerabek, B. Cook, B. Iredale, J. Foley, M. Genest.

Each of us has a different way to get old,  
Each of us fits a separate mold.  
I sometimes wish I could have stayed ten,  
Remembering all the good times then,  
But if all our wishes could come true,  
I wouldn't be in 4a with you.  
I'd never have been able to write this,  
And never have known all the friends I'll soon miss.





FRONT ROW: A. VonShroeter, N. Bowen, M. McGinn, C. Gerber, G. Paquin, F. DaRocha, S. DeRome, K. English.  
 SECOND ROW: K. Wilson, C. Calabrese, C. Bagdoo, A. Turgeon, S. Drummond, M.B. Lavoie.  
 THIRD ROW: L. Roy, S. Pettinichi, A.M. Herbert, R. Pope, C. Farha, M. Rizzuto.  
 BACK ROW: J. Thompson, L. Guilbert, L. MacKinnon, P. LeePoy, D. Karnbach.  
 ABSENT: A. Mulherin.





## SECONDARY 4C



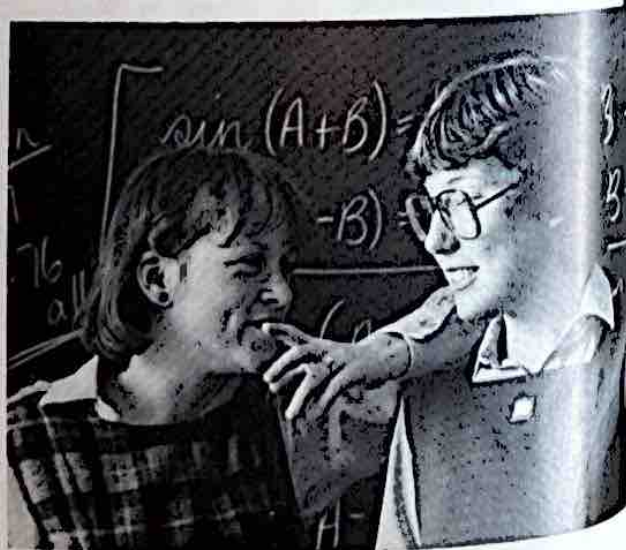
FRONT ROW: A. Letourneau, L. Mizgala, M. Vaughan, J. Tyler, R. Vaupshas, C. Alepin, K. Gagnon.  
SECOND ROW: F. Petersen, J. Klucinskas, R. Cuthbertson, L. Duggan, T. Goodleaf, M. Robinson.  
THIRD ROW: M. Caminiti, T. Cornish, F. Elvidge, L. McElligott, J. Klodniski, L. Gauthier, P. Micks, C. Ricchetti.  
BACK ROW: M. Rourke, B. Hemens, A. Vidulich, D. Fagan, N. Locas.

"You do your thing and I do my thing I'm not in this world  
to live up to your expectations and you are not in this world  
to live up to mine.  
You are you and I are I and if by chance we find each other  
it's beautiful."

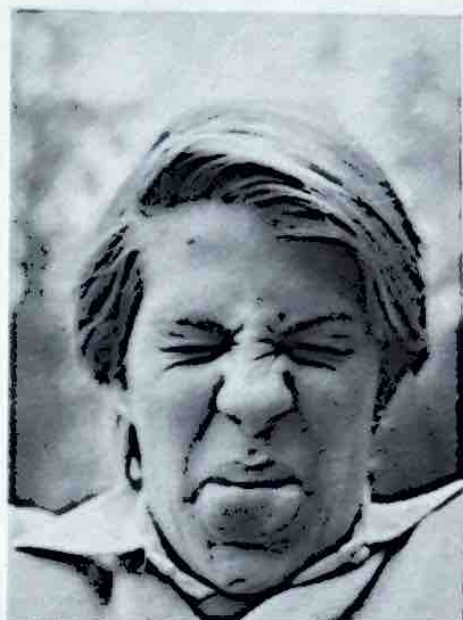
Frederick S. Pearls.



# MONTAGE











Brenda Tredale, the average Sacred Heart Girl....."Monday again?"



Mother J. conversing with the flora....  
"One root in the instep of the other, ch dear."



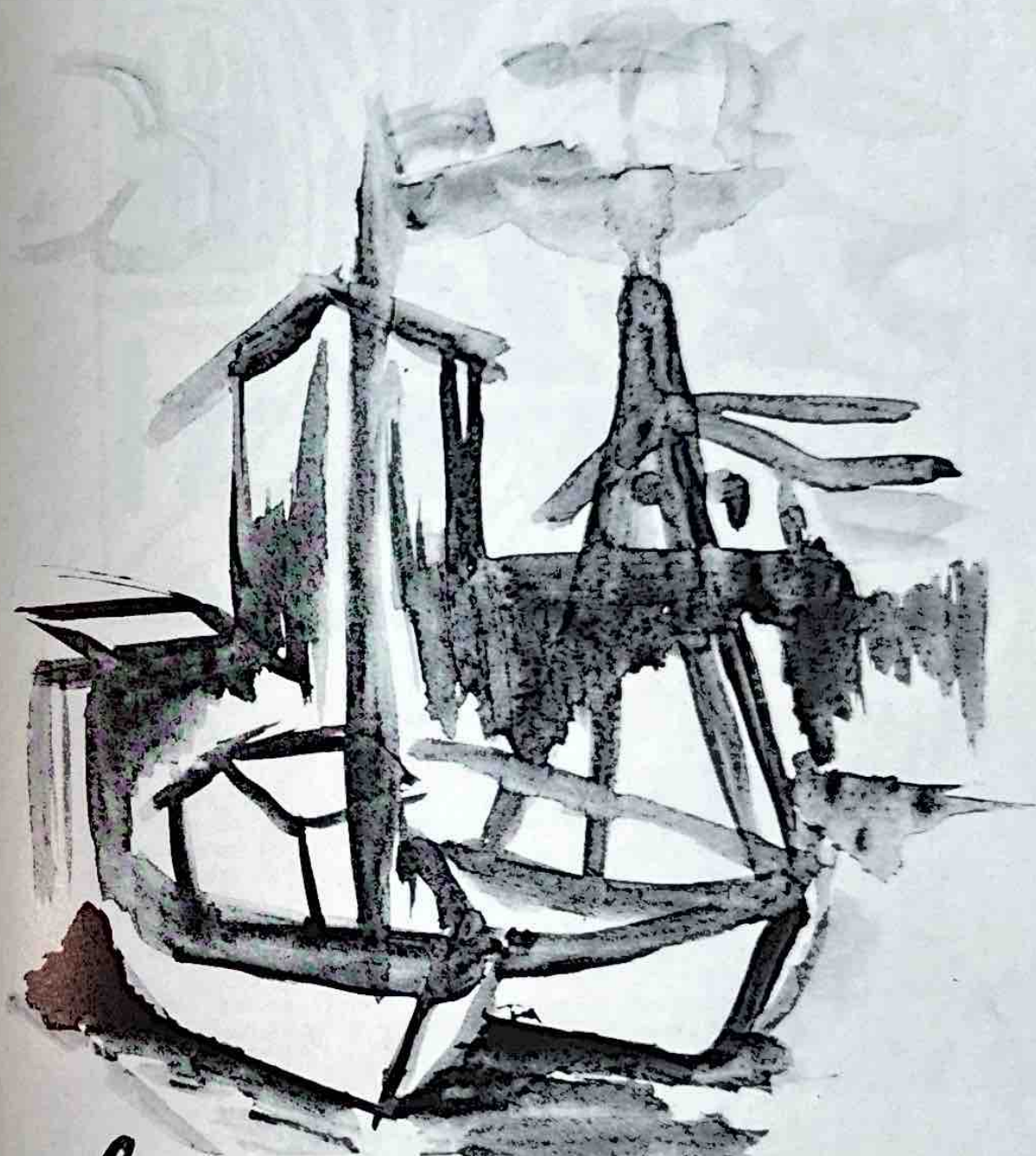
'No, no Jane. Catching the book on your tongue isn't allowed.'



"Oh pleeeeeease, I promise I'll do my homework next time Mrs. DiPietro."



Unwanted visitors are temporarily ignored while the guard steadfastly protects the girls.



*Creativity*

Sarcho





Julia Mergler  
Secondary IV  
First Prize Creativity

My Inverse Function  
(Dedicated to a math teacher)

The function of  $y$  equals  $x$  plus 3  
Many problems solved  
Countless points plotted reach unbounded  
off my page

The resulting curve remains diaphanous  
The functions of  $y$  equals  
Alluding to what might be.

It's inverse looms an intruder  
I cannot sketch it for it rests  
stilted and contradicting  
Across the axis with my function  
This function-one of my most exquisite of endeavors  
Yet it's inverse folded and distorted in my mind, haunts  
Begging to be plotted.

Vision blurred by time  
Fingers perpetually entwined with lead  
Void of all that was me  
The inverse of this my function  
Is graphically drawn on a page  
creased with futile efforts  
To erase errors of the past.

Susan Fisch  
Secondary V  
First Prize Poetry

### The Race

You run too quickly, Time;  
I cannot keep apace.  
Stop but a moment that I may run ahead  
And Turning  
See your face.

Janet Polud  
Sec. V.

### Solitude

Le soleil levant,  
Derrière les monts,  
N'éclaire que faiblement  
L'homme seul, dans sa prison...

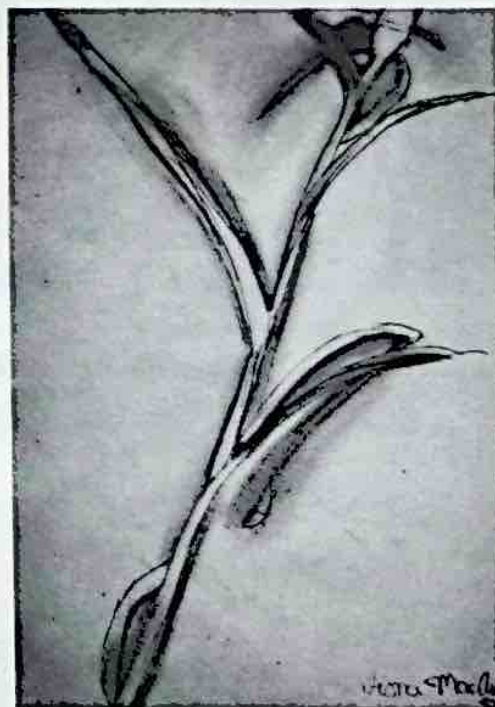
Sa pensée vole vers la vie,  
Celle qui lui a été enlevée,  
Parce qu'on croyait que c'était lui  
Qui, un jour, avait tué...

Le soleil, au dessus des monts,  
Regarde cet être  
Qui, injustement, se trouve au fond  
De la vie, sans ne rien connaître...

Le soleil maintenant très haut  
Ne comprend pas pourquoi,  
Même si, par ses rayons, il rend l'univers chaud,  
Un être rests dans le froid...

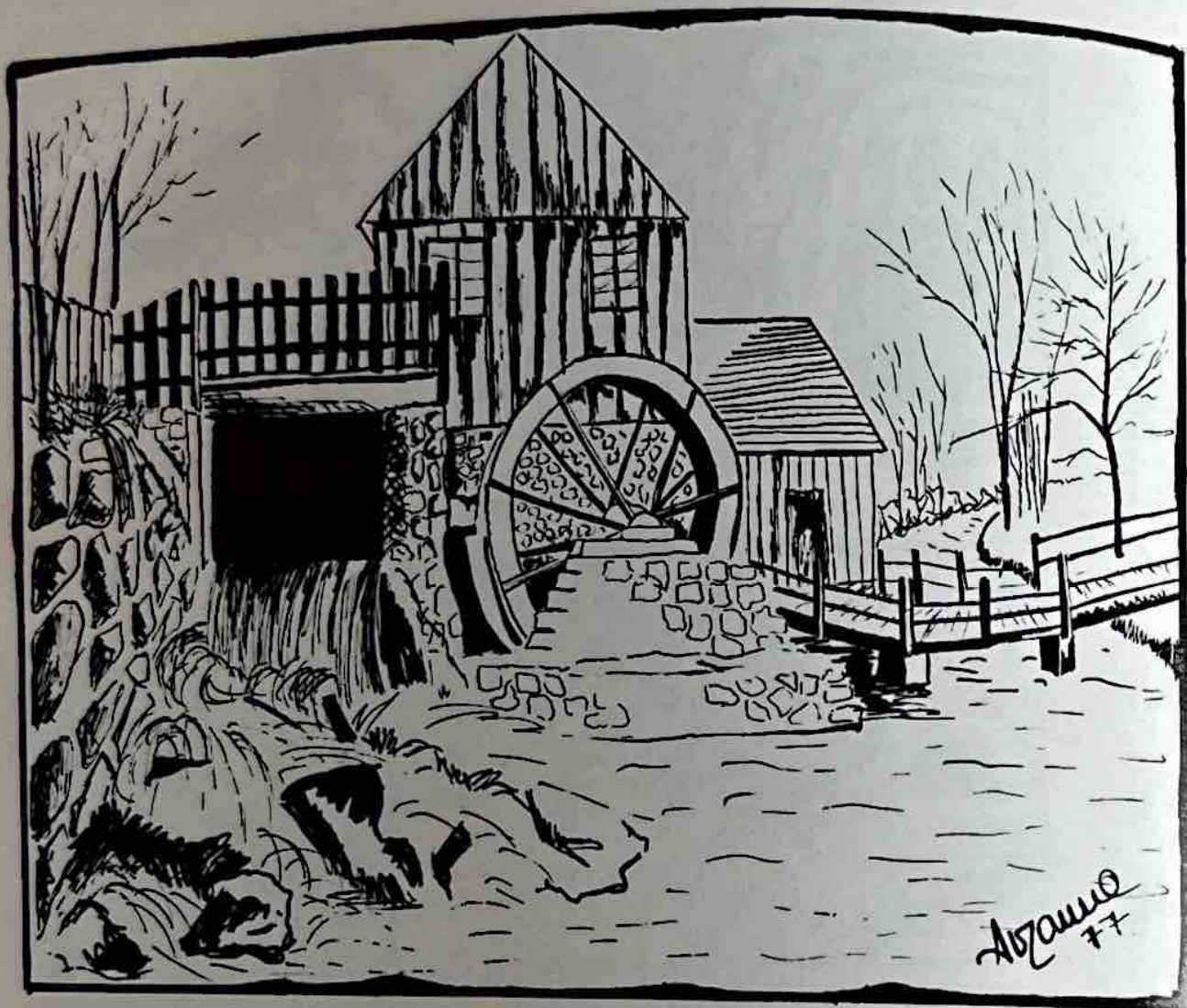
Le soleil va se coucher.  
De nouveau, de son regard,  
Il cherche l'être abandonné.  
Sans vie, comme il le fut longtemps, on retrouva son corps...

Martine Bernard  
Sec. III B



Fiona MacAuley  
Secondary III





Suzanne Cote  
Secondary V

Dehors, le ciel est sombre, bien que la pénombre n'ait pas encore envahi la ville. Le temps est l'orage et le vent siffle dans les branches, qui ploient sous son passage. Les arbres, tour à tour, s'animent et dansent devant ma fenêtre comme si quelque coureur magique les avait touchés.

La ville ne respire plus, ce n'est qu'une immense bête au repos, et moi, dans ma chambre, j'attends. Le nuit maintenant a vaincu le jour et s'installe, s'infiltre dans son nouveau royaume pour mieux le céder dans quelques heures. La ville, farouche, lutte contre son emprise en s'illuminant, comme pour défier la noirceur et implorer la lumière.

Et le jour paraît enfin, jaune et frippé afin de mieux se laisser désirer et la nuit s'effiloche à son contact.

Je sais à présent ce que j'attendais, la nouvelle aube.

Nadine Ozkan  
Sec. V

### "Something for Joey"

"Something for Joey" es una película que pasada pasó en la televisión la semana pasada y era muy buena. Es la historia de una familia italiana y de sus problemas. Joey es un pequeño niño de diez años que tiene el cáncer de la sangre y sufre mucho.

El tiene un hermano de veinte años que es un jugador de fútbol americano en el nivel del colegio y es muy bueno. Durante toda la película, nosotros podemos ver el amor entre los dos hermanos y toda la familia en general. El hermano se vuelve muy bueno en fútbol y el día del cumpleaños de Joey, el hizo cuatro "touchdowns" lo que es estupendo para un chico sólo.

Al fin del año de fútbol, el hermano gana el trofeo Heinsman que es el más importante de todos y cuando habla de toda su familia, él habla de Joey que tiene el cáncer de la sangre y comienza a Llorar. El da su trofeo a su pequeño hermano y al fin, nosotros vemos Joey en los brazos de su hermano John.

Joey murió al comienzo de abril de 1976, tres años después de esto. John Capacelli está ahora con un equipo de futbol americano (Los Angeles). Creo que esta película fue muy buena y mostró el amor entre toda una familia y también entre hermanos.

Michele Nadeau  
Secondary V



Laura Duggan  
Sec. IV



Triste Fable

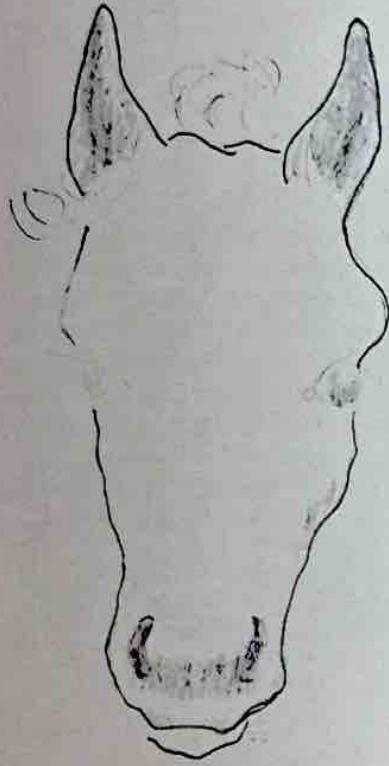
Deux arbres dans le vent  
Se disaient leur histoire  
Deux arbres savants  
S'échangeaient leur mémoire

L'un dit à L'autre "Mon ami  
Ca fait cent ans qu'on est ici  
La tête en l'air  
A garde à vous

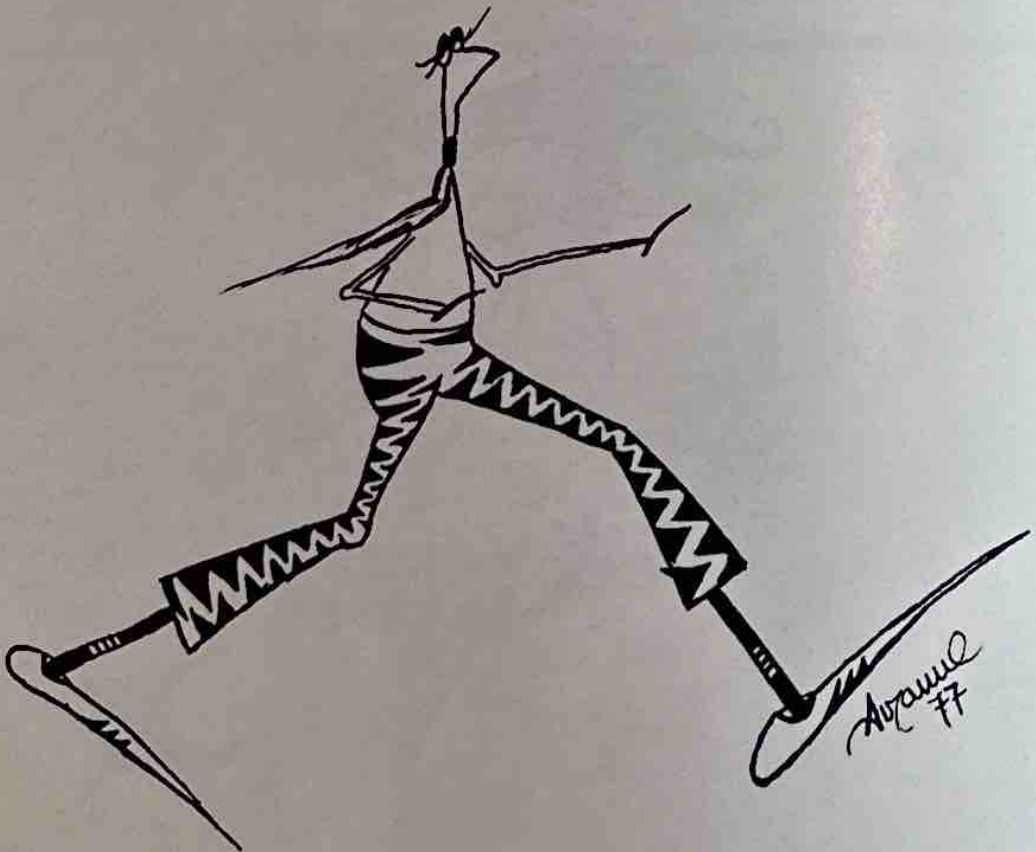
J'en ai assez  
Je veux partir:  
Comme font les oiseaux.

L'autre répondit  
"Sorry I don't speak French"  
Et ils moururent

Helen Mooney  
Sec. V



Laura Duggan  
Sec. IV



Suzanne Cote  
Sec. V



Caroline Bookless  
Secondary V

### Thoughts of an Unborn Child

May the world be not my soul's dissection,  
When I abandon my contentment,  
Warmth, comfort, and protection.

In a course of events,  
I have been established;  
For what will my future hold?

My life, a flower's petals warmly spread?  
Enchanting the curious and bold,  
Willingly following the path through which I will be led.  
Or a burr?

Protecting my heart and its ideals;  
From the evil lore  
Of everyday society?

Will I be strong enough to overcome?  
Or will I fall into the picture frame,  
Which will be built around me,  
Painted for me.

Can you not feel my anxiety?  
Can you not see?

Please let my life  
Live a life! ! !

Audrey Souccar  
Sec. V





Louise Carrier  
Secondary IV



Julia Mergler  
Sec. IV

Fireflies lit the sky  
a shimmering light that shines  
light a sky for me.

Shamsun Niazi  
Sec. 1

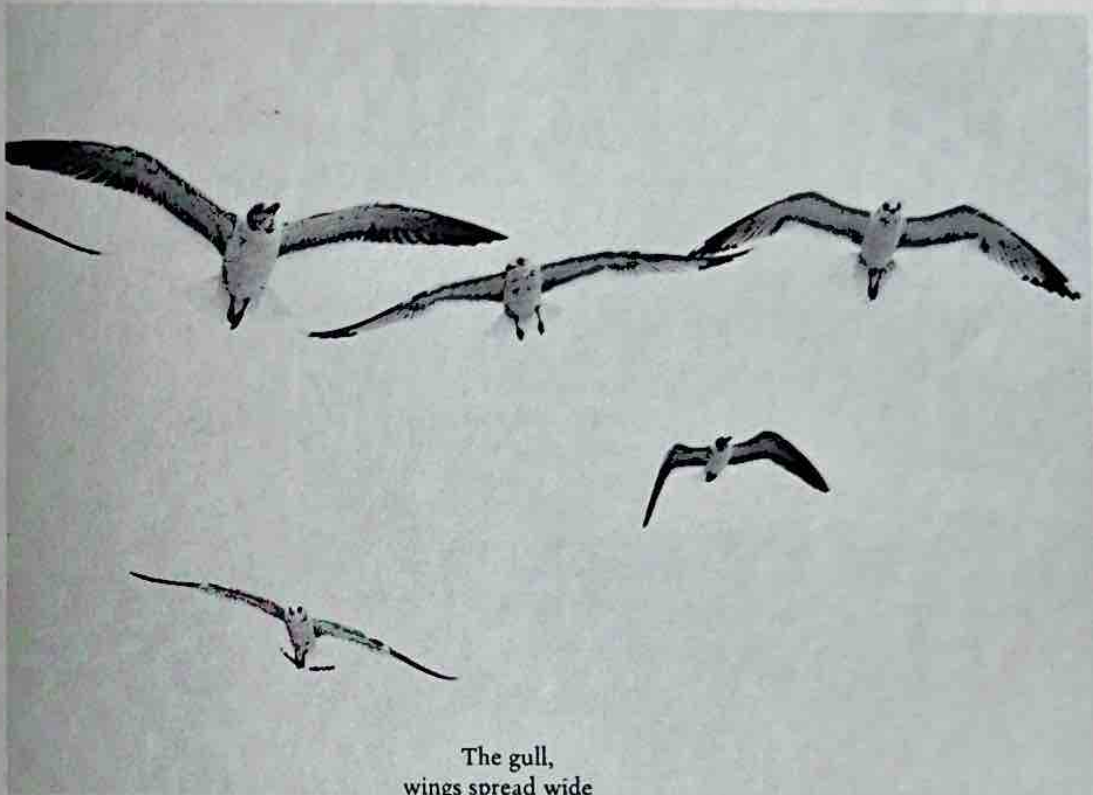
An old grey mare  
Patiently waits  
For her last ride in the wind.



Julia Mergler  
Sec. IV

Sandra Pettnichi  
Secondary IV





The gull,  
wings spread wide  
embracing the sun,  
He soars.  
free from the hectic  
city  
away from the  
Confusion.

He glides,  
gracefully, beautifully  
towards the deep blue  
solitude  
of the sky.

Cynthia Baril  
Secondary V



Photograph by  
Kim Drummond  
Sec. IV





Louise Carrier  
Sec. IV

## School

Though unknowingly  
Austere grey stone walls  
Fleeting treasure joyful youth.

## Tangibility

Breezes...  
Whisper through woods.  
What mystery!  
Who knows from whence they come and where  
They go?

Christine Gerber  
Sec. IV



Karen English  
Sec. IV

## Uniqueness

Snowflakes...  
Shining, bright stars  
Settle softly on gloves.  
Can molds of such perfection be  
Recast?

Sheila Roman  
Sec. V

Gina Bertozzi  
Sec. IV

## A Bath

Warm pearls of laughter  
From the faucet of my tub  
Form moments of peace.

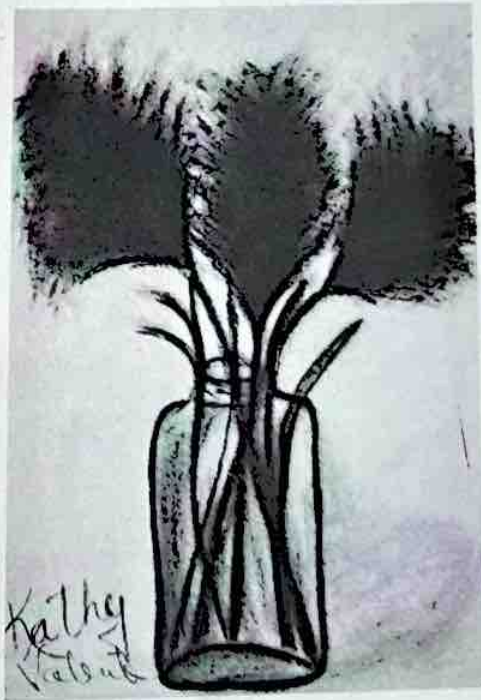
Suzanne Hall  
Sec. V



### The Bear

When dragons flew and woodlands walked,  
and elephants sang and people squawked  
I chanced to meet a great big bear,  
Who was dressed in purple underwear.  
I saw him dance, I saw him sing  
And then he chased up a swing.  
As I sat there shivering with fright  
He tried to reassure me with a bite,  
I grabbed a stick and wopped him down  
and then he handed me a crown.  
He said: "It's for a certain thing,  
Like being brave upon a swing."  
Then he started to walk away.  
I said: "Don't go away, please come and play."  
Then he begged, "Let's be friends."  
And that's the way the story ends.

Shamsun Niazi  
Sec. 1



Kathy Valente  
Sec. III



### Across the Field

Across the field, along the trail,  
There is a wall,  
'Tis not so frail,  
And there the moss grows green and thick,  
Rich in colour  
The thistles prick.  
For as one walks along this pass,  
These flowers grow  
In the soft grass.  
There woven with daisies bright,  
The scene is quaint,  
My heart is light.

Mary Martin  
Sec. V



I've walked the halls  
Between the walls of mountains  
To find the door out



# ACTIVITIES





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Carol Rossy  
Liane Johnson  
Susan Fisch  
Tina DeBarbiere  
Marilyn Montross  
Andrea Schweykowsky  
Noni Wallace  
Helene Langevin  
Michele Nadeau  
Janet Polud  
Suzanne Hall  
Deborah Cuthbertson  
Christiane Tinmouth

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Vice-President



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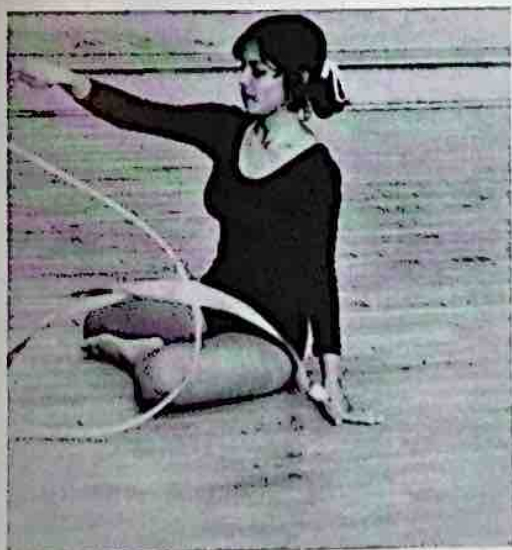




## IDLA CLUB



This year Michelle Stennett decided to put her talents to good use, by starting the school's first IDLA club. With ribbons flowing the girls under the direction of Michelle and Audrey Souccar, applied what they had learned, and prepared a routine that was presented gracefully at the annual gym demonstration. Many deserved thanks go to all the girls who participated in this successful club, and especially to Michelle, who we will all miss next year.







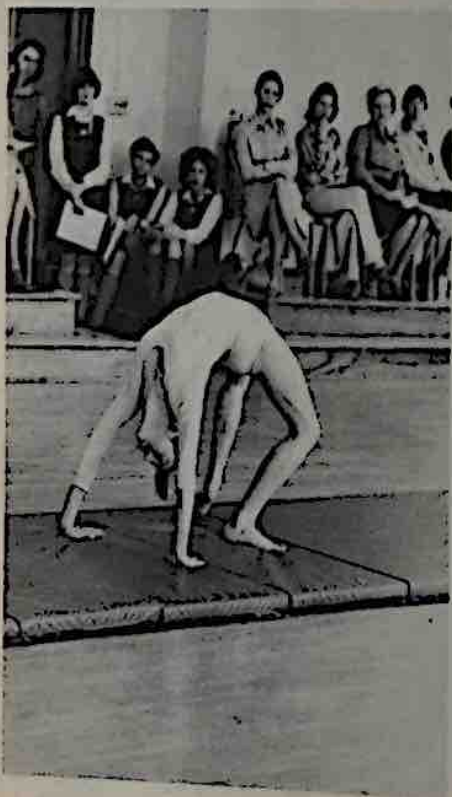
## GYM

Once a week, on Tuesday afternoons, Rhonda Delaronde and Marilyn Montross conducted a gym class which was attended by many students. The activities ranged from acrobatics on the beam to somersaults and handstands on the mats. As a culmination of their efforts, a gym demonstration was held before the whole school.



## CLUB

It is to be hoped that continued interest will keep the club going next year. A sincere thank you is extended to Rhonda and Marilyn from all the members of the club for their time and devotion.



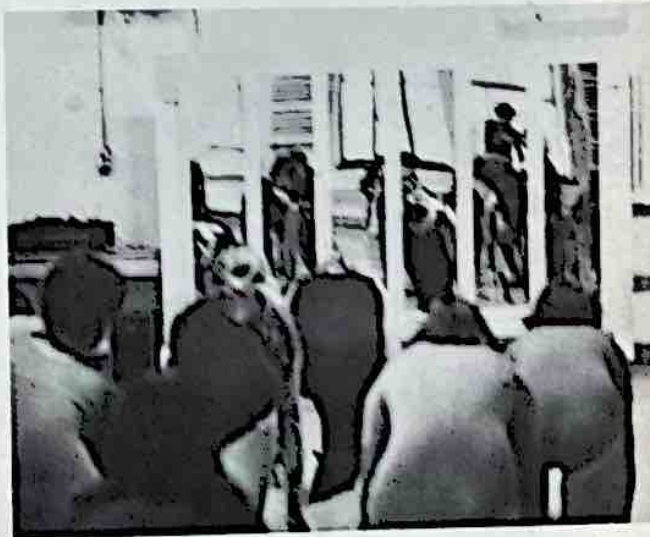
## JAZZ CLUB

Two gifted and enterprising students, Nicole Lapointe and Elaine Sequeira gave their time to teach those interested in the graceful and rhythmic movements of jazz. Much work was put into their presentation at the gym presentation.

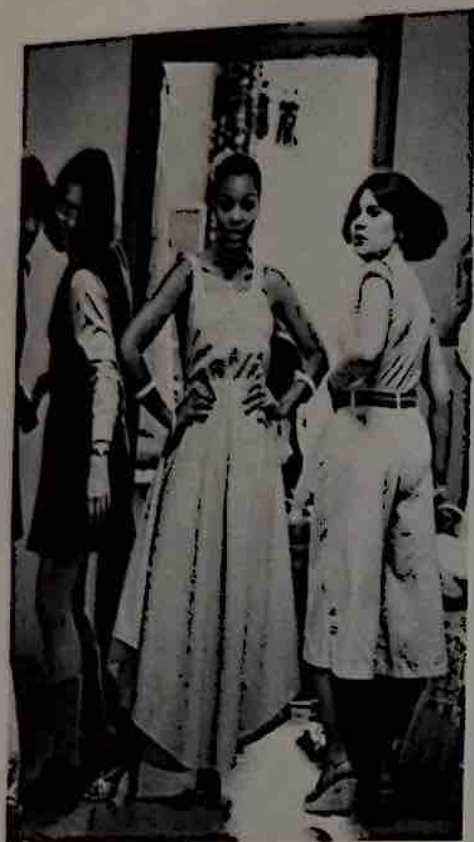


## KEEP FIT CLUB

The Keep fit club this year was run by Vivian Sergianidis, helped by Caroline Pick. These two students led a physical workout every week in Barat Hall. This included various forms of exercises to strengthen the muscles. Towards the end of the year, Toni Maioni took over the club. Her aim was to get us into shape before the mental strain of exams!







## MODELLING CLUB

Much to their excitement, Secondary V was offered a unique opportunity to take a peek at the fashion world by signing up for Mrs. Ayoub's modelling course.

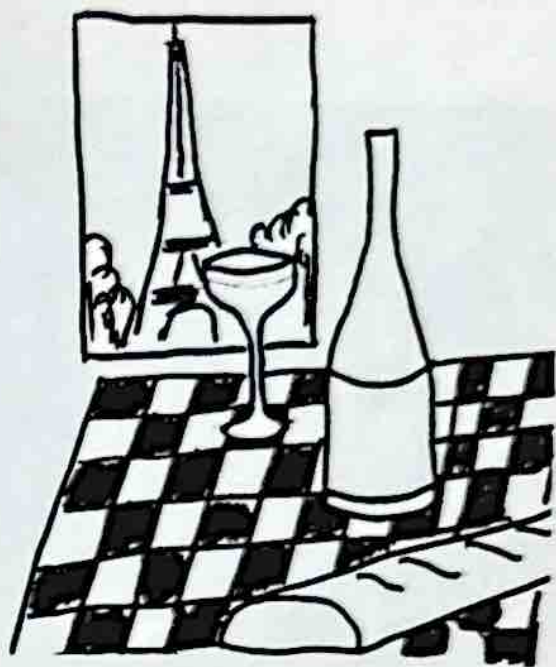
Following careful instruction in the art of correct posture, make-up, hair styling and clothing co-ordination, seventeen dedicated Secondary V models delighted the Sacred Heart populace with a breezy fashion. Clothing included selections from boutiques Aqtuelle and Fairweather and the girls' own graduation gowns.

Thanks must be given to Mrs. Ayoub for devoting her valuable time and effort to the modelling club.



## FRENCH CLUB

Tous les mardis, Mme Laskowsky se joint à quelques élèves pour discuter de mille choses, en français s'il vous plaît, pour jouer aux cartes ou même partager son raisin. Les jours d'été on profite du soleil en assistant au club de français près des balancores. Quelques fois nous avons eu la charmante compagnie de Mme Lahaye et Mme Habachi.



## CHORAL CLUB

The Choral Club was once again a great success this year, under the direction of Mrs. Makin. Their first appearance was at the Christmas concert where they sang a selection of popular carols that were well appreciated by the students and faculty. At Easter, a Mass was celebrated, and the Choral Club provided the music. Finally, the Club wound up a super year by singing at the annual Prizes. Under the expert instruction of Mrs. Makin, it is certain that we can expect similar success next year.







## BOARDERS

For the boarders, life at the Sacred Heart was a series of happy events including a Halloween party, special dinners and outings. Most of all, however, we will remember the fifth floor as a place where we gathered to laugh and chat with friends.



Our thanks to Mrs. Taylor, Mrs. Hollett, and the other mistresses who helped and encouraged us throughout the year. Especially at getting up in the morning!



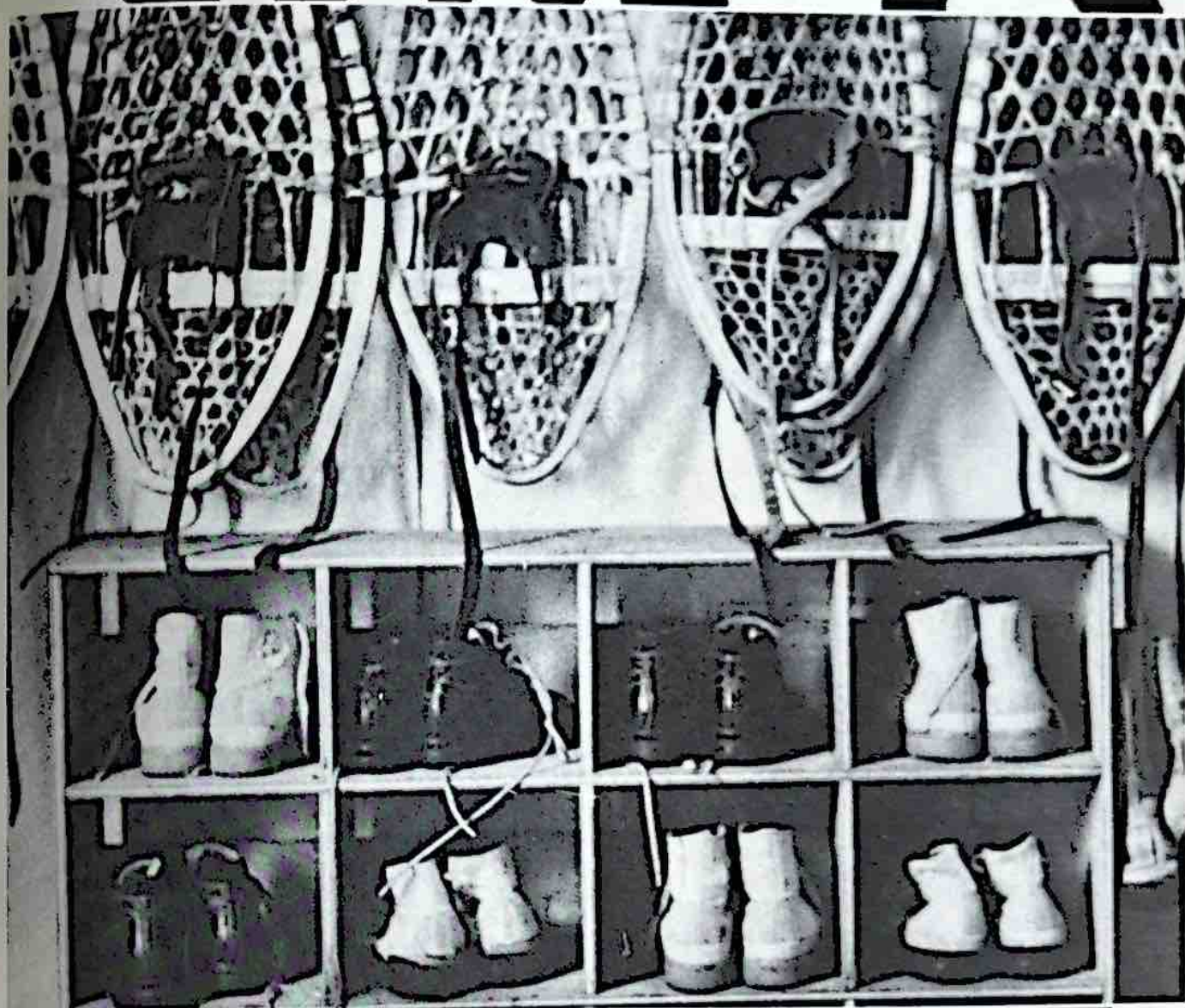
## BIOLOGY CLUB

If you love hampsters, mice and fish, the best place to be is the Biology Club. Work ranges from feeding the animals to cleaning cages. During vacations, members are permitted to bring animals home. On school days, biology club members can be found cuddling their furry friends in their spare time. All animal lovers are welcome at the biology club! Thanks to Mrs. Simon who makes sure everything runs smoothly.



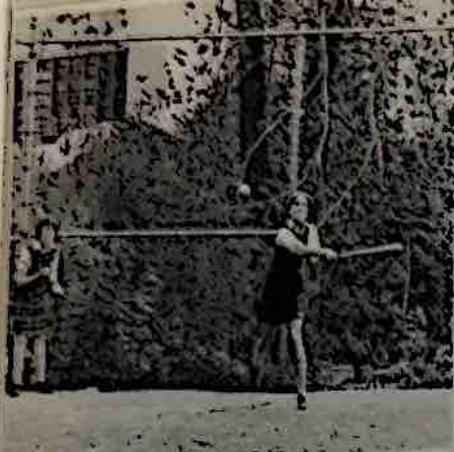


# CONDRTS

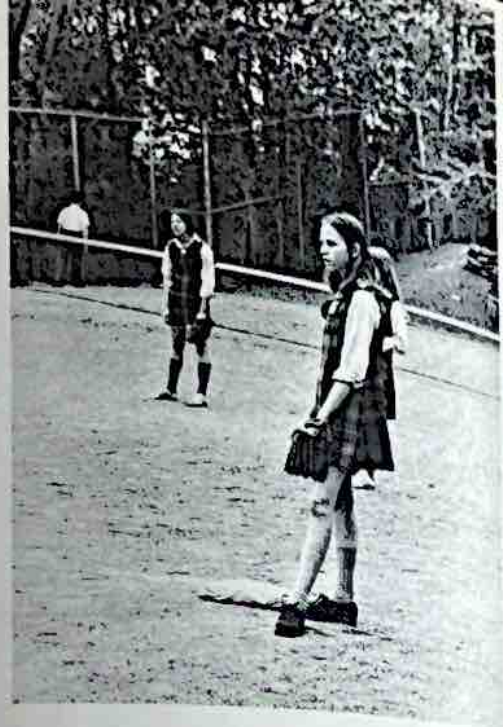


# SHOES

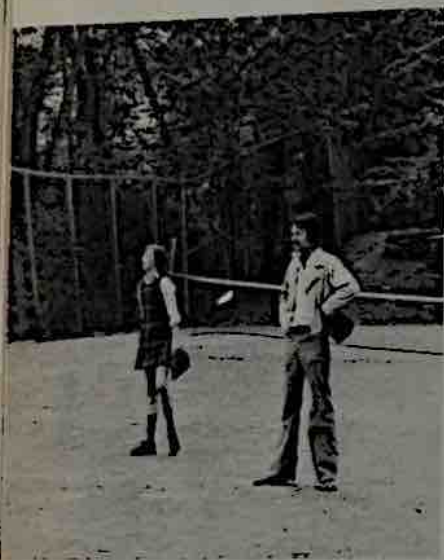




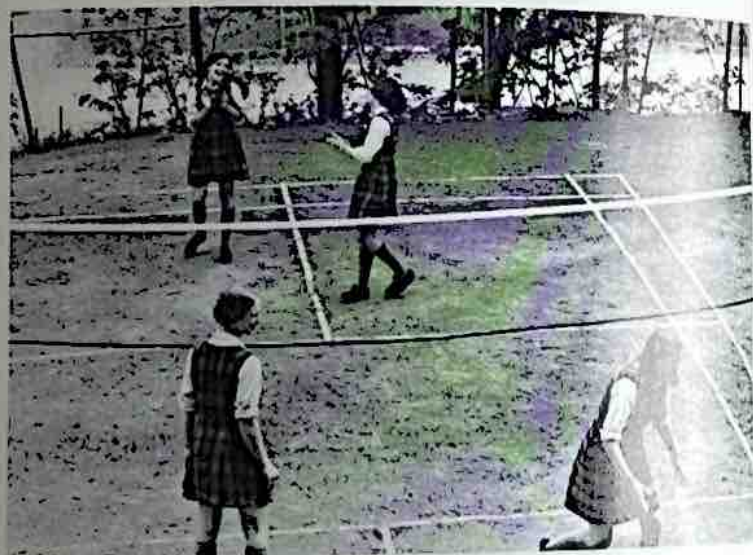
Sports at the Sacred Heart this year included various activities and both summer and winter sports were featured. In the Fall, an Inter-House baseball tournament was organized by Mrs. Watson, Mrs. Cumming,



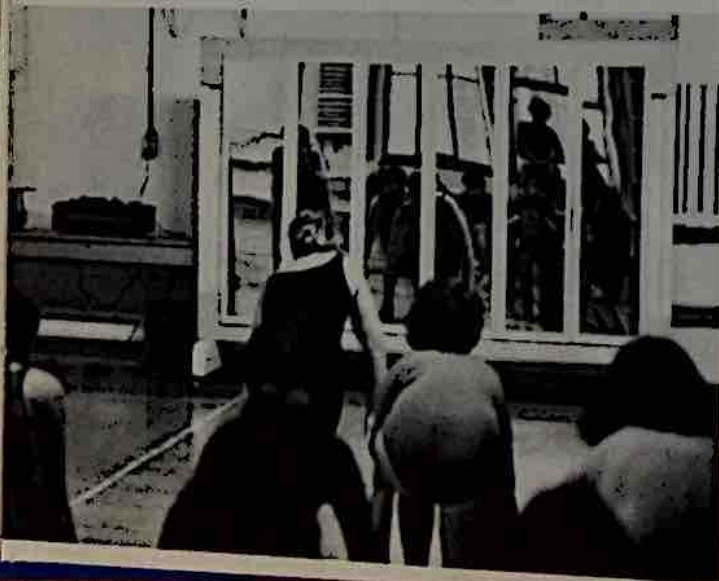
and the G.A.A. (President: Chris Tinmouth, Vice-President: Nicole Lapointe.) Later, all the Houses participated in a tabloid, where everyone had the chance to win points for her House.



Various sports available to the students at lunch hour were: baseball with Mr. Poisson, badminton, and, of course, sunbathing....



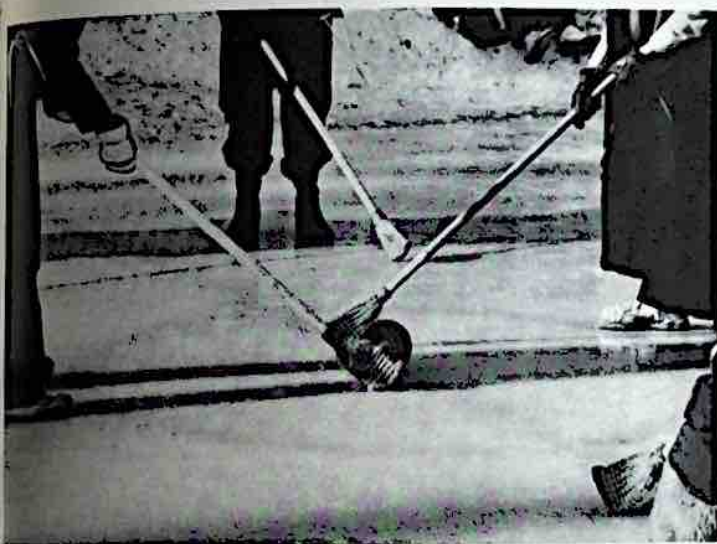
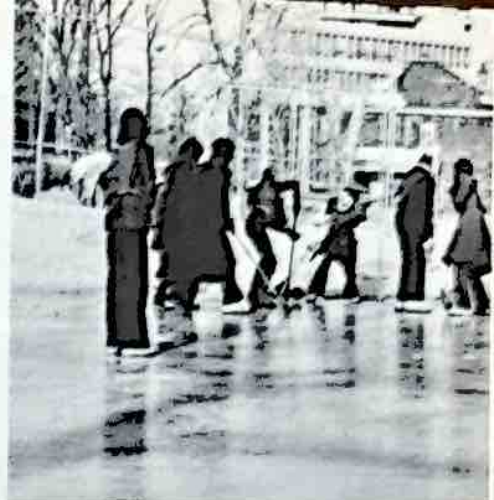
All of these activities demanded that we be physically fit. Thanks to the gym and jazz classes given by Mrs. Watson, we all were.



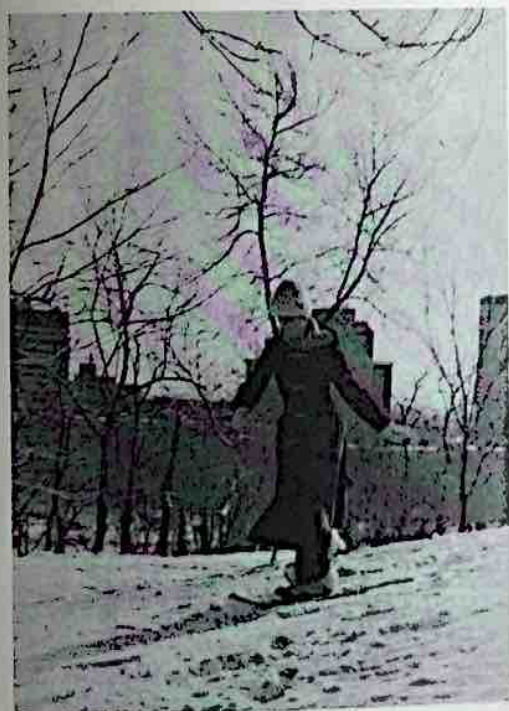




As the snow blew into Montreal and the Sacred Heart rink began to freeze, swarms of bundled students made their way outside in the pursuit of fresh air, fun and house points.



Broomball skills, which were learned in class, were put to the test at organized games held at lunch hour. Students on snowshoes and cross-country skis, took part in a TRIP TO TAHITI. Congratulations to Digby who finished first on their snowy voyage.



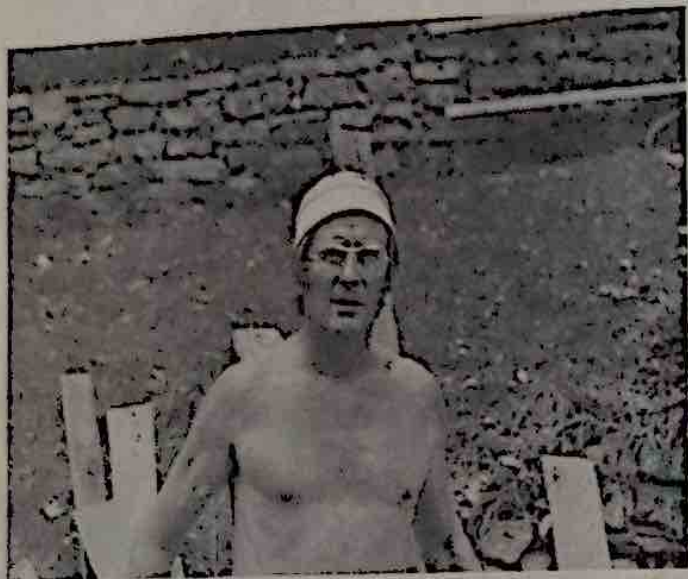
On Snow Day students and teachers together participated in a tug-o'-war, three legged races and snow sculpture. Many other events brought roses to our cheeks.



Snow Day, the finishing touch to a fun-filled winter!



# YEAR IN REVIEW



The year started out with a Bang...(Crash, boom, crack...)



with the "renaissance" of the Sacred Heart.



By the 9th of September the houses were in full swing.





Each house had a fair where they sold slaves and fed "critters".

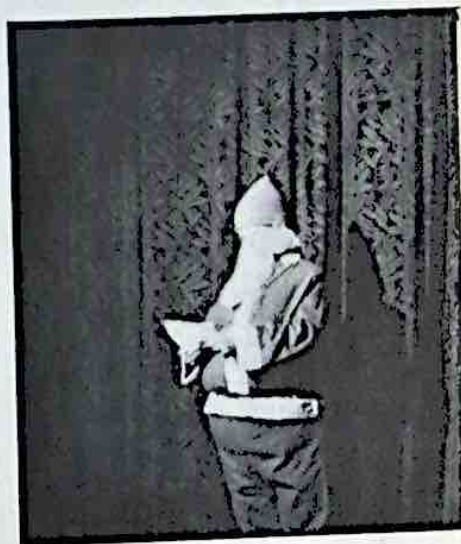


and young girls caroused with young ghouls.

For the "numerous" Americans among us Marilyn and Laurie, (notice the hats for impaling low-flying turkeys) had a true American Thanksgiving dinner.



The cold winds blew and Christmas Wishes ensued ...







## M. J. devours Tree . . .

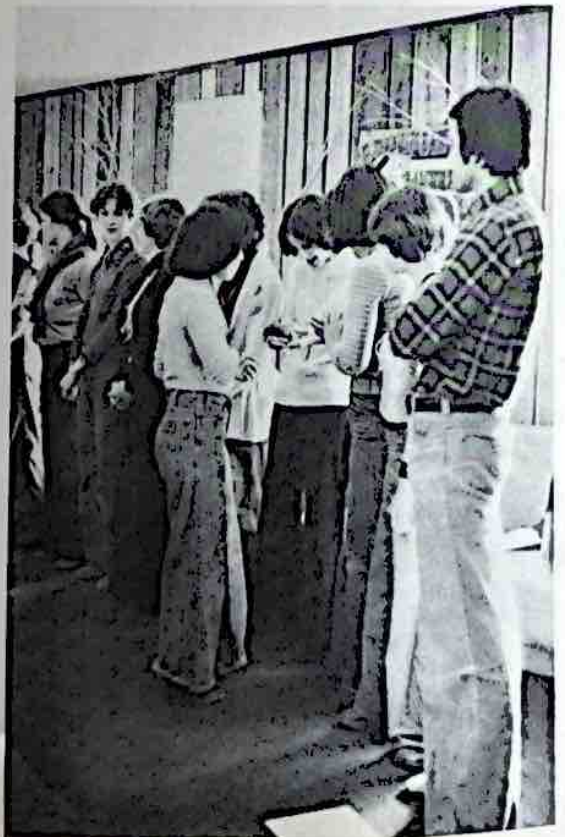
After devouring our once-bushy Christmas tree, Mother Johnson approached the mike in earnest....

Despite the defoliated tree, Christmas wishes came off without a hitch and were once again a big success.



## retreat . . .

January arrived and the long awaited Secondary V retreat was all we had hoped it would be. Although we risked our lives cutting through the smog outside the "Smoking Room", we all managed to make it home in one piece.





## SNOW DAY

The annual Snow day, Snow Sculpture Contest was a big success, with many talented participants. Unfortunately these works were not preserved for posterity, but we all enjoyed them until Spring arrived.



## MISTRESSES FEAST

And with the coming of Spring came the Mistresses' Feast. It was a "smorgis-borg" of talents. The entertainment ranged from hillbillies to Haydn.







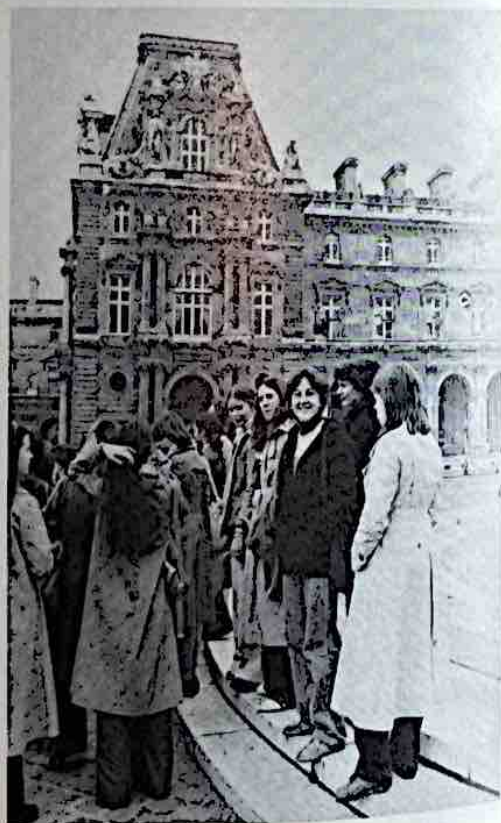
## LE VOYAGE EN FRANCE

Le Vendredi 11 Mars, trente élèves du couvent des Sacré Coeur, accompagnées des professeurs de français Mme Lahaye et Mme Habachi, se sont envolées vers la France. Après un vol des plus agréables, elles ont mis le pied sur le sol parisien. Quelques heures plus tard elles prenaient le train pour se rendre en Bretagne, où elles devaient séjourner une semaine. A Dinan leurs familles respectives les attendaient.

La deuxième étape de ce voyage était la visite des châteaux de la Loire. Ensuite elles ont pris la direction de Paris.

Dans la capitale elles sont allées à la découverte de Paris en visitant les endroits et monuments célèbres.

In all the places we visited we managed to learn new things about life outside of Canada. We had many laughs and certainly no one will ever forget role call; "UNE....DEUX....TROIS.....!" Thank you to Mme Lahaye and Mme Habachi, who managed to remain patient and friendly throughout our trip. Their guidance and care helped make the trip a huge success.



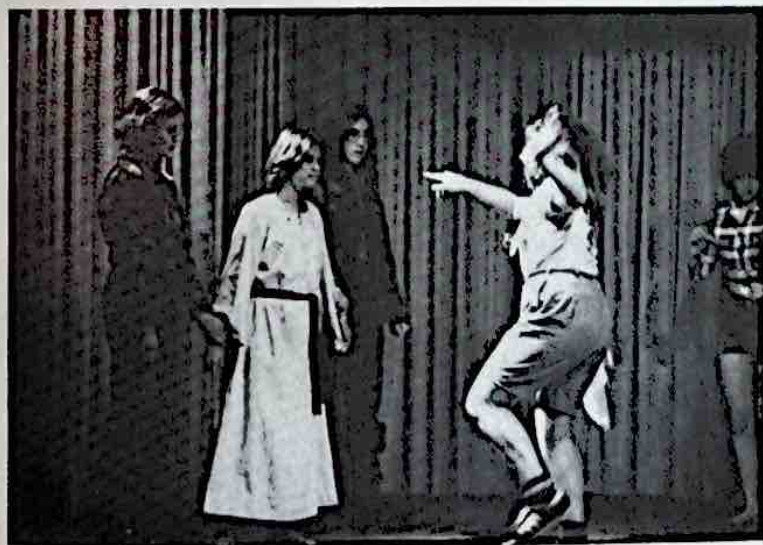




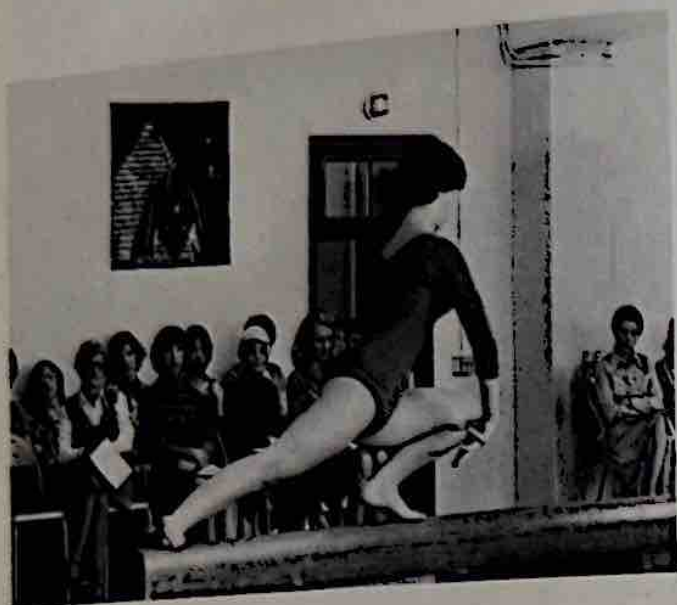
While the "aristocrats" of Sacred Heart were touring Paris, the "proletariat" were taking a break to celebrate Mother Johnson's birthday.

## M. J.'s B-DAY TIL. SUPERSTAR

The talents of Secondary I and II were displayed in a magnificent production of "Jesus Christ Superstar". The daily announcements in the study hall, such as, "I'd like to see Jesus in the reception room at lunch," were all instrumental in preparing this excellent production.



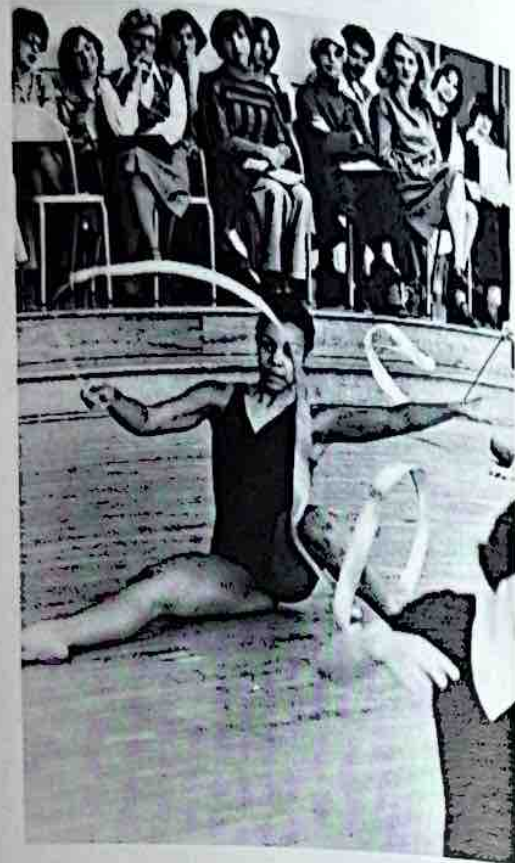


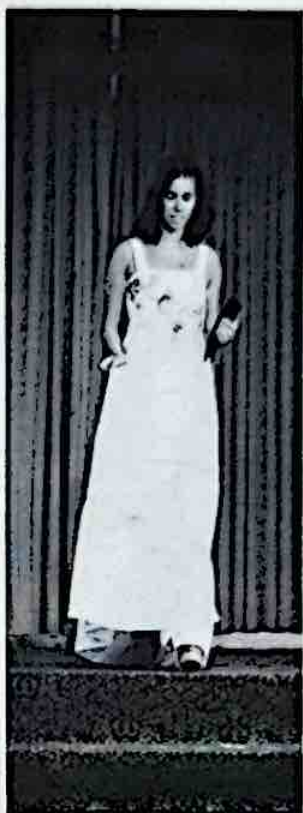


Some talented Secondary V students led their clubs in an end of the year gym demonstration. Parents, teachers and students attended this well organized display of each club's accomplishments.



After a year of hard practice and avid direction by Mrs. Ayoub, the modelling club was ready to meet the public.





Sponsored by two popular Montreal boutiques, the girls displayed their modelling skills which they had attained throughout the year. Parents, teachers and students were all present to enjoy a fashionable afternoon.

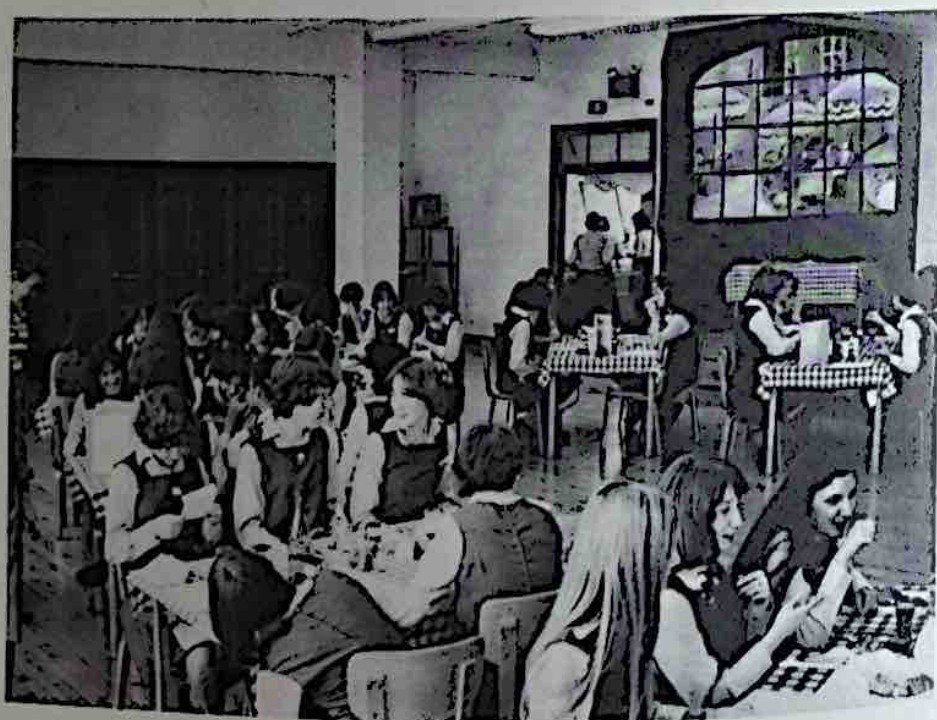






Once again the Choral club pleased us on a sunny spring afternoon. Who expected Nightingales in Tartans? Many thanks to the choral club who spent a great deal of time all through the year and especially in perfecting this presentation. A very special thanks goes to Mrs. Makin who kept everything on key.

As the year came to a close the graduating class of 77 sat down to a delicious meal at "CHEZ SACRE COEUR". After lunch, the class proceeded to the reception room for an entertainment filled with fun and laughs. Many thanks go to the secondary IV's for a great afternoon.



# 116TH ANNUAL DISTRIBUTION OF PRIZES

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## HONOUR AND GLORY TO GOD ALONE

MOTHERS' GUILD PRIZE: for students achieving highest composite mark in English Literature and English Composition:

Secondary I: Andrea Lloyd Waters  
Secondary II: Anne Marie  
Secondary III: Martine Bernard

Secondary IV: Jacqueline Thompson  
Secondary V: Noni Wallace

ADVISORY BOARD AWARDS: for students achieving highest general average

Secondary I: Andrea Lloyd  
Secondary II: Jennifer Nobbs

Secondary III: Anne Bolvari  
Secondary IV: Liane Mizgala

THE GOVERNOR GENERAL'S MEDAL: awarded to the student obtaining the highest class average in the graduating year, has been merited by:

SHEILA ROMAN

HONOUR ROLL PRIZE: for students having an 80 per cent in every subject at Christmas and Easter, has been achieved by:  
ANDREA LLOYD

THE ENGLISH ALUMNAE PRIZE: for the student achieving the highest average in French as a second language during the four years of high school, has been awarded to:

SUZANNE HALL

STUDENT GOVERNMENT AWARDS:

Carol Rossy  
Liane Johnson  
Susan Fisch  
Leontine De Barbieri

Cristiane Tinmouth  
Nicole Lapointe  
Debbie Cuthbertson  
Suzanne Hall  
Helene Langevin

Marilyn Montross  
Michele Nadeau  
Janet Polud  
Noni Wallace  
Andrea Schweykowsky

THE STUDENT GOVERNMENT PRIZE: to the student in the graduating class, who, by her outstanding unselfishness and constant support, has been a source of strength to the student government throughout the year. This award has been granted to:  
MARGOT ALMOND

THE PROVINCIAL TEAM AWARD: given to the girl in Secondary V who has shown the most social concern pragmatically and vitally, has been merited by:

JANET KENNEDY

ALUMNAE ASSOCIATION OF THE SACRED HEART BURSARIES: for the scholastic year 1977-1978 awarded at each grade level in recognition of scholastic achievement and/or progress and development have been granted to:

Secondary I: Louise Day  
Secondary II: Anna Maria Allebone

Secondary III: Antonia Maioni  
Secondary IV: Carmelina Calabrese

THE FRANCES SMITH MEMORIAL PRIZE: inaugurated in 1968 to honour a student not on the student government who has made a significant contribution to the life at the City House has been merited by:

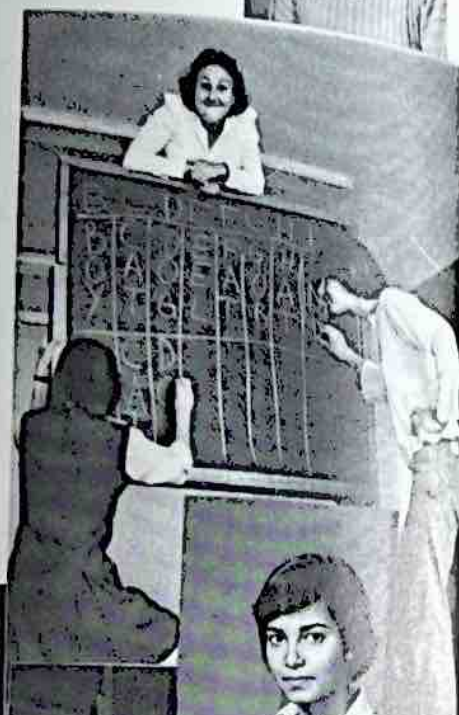
MICHELLE STENNETT



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